Where Good Taste Meets Good Health
EatingWell
JANUARY/FEBRUARY 2015
BRING ON SOUP SEASON
53 Quick & Healthy RECIPES
Upgrade Your Oatmeal
NEW YEAR NEW YOU
Drop a Pound a Week
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PAGE 100

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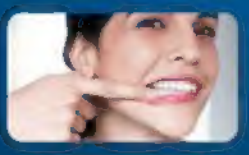

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JANUARY/
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COVER: ERICA ALLEN; STYLING: CAREY NERSHI. THIS PAGE: ANDREW SCRIVANI; STYLING: MARTHA TINKLER (FOOD); SOO JEONG KANG (PROPS)

## EDITOR'S LETTER

**As I sat down to write this letter, an email rolled in from a reader,** Hayley Harrison (*right*). She perfectly summed up how eating better can change a life. She wrote: "About 20 months ago, I discovered a recipe from *Eating Well* on Yahoo! I firmly believed that good-for-you recipes must taste awful, but the picture of the Ethiopian-Spiced Chicken Stew was tempting. My family had the dinner later that week, and it was delicious."

At that point Hayley weighed about 300 pounds. She said, "It was the first time in a long time where I had considered eating anything healthy." Intrigued, she visited *eatingwell.com* and started reading about weight loss and the mathematics of calories in, calories out. Hayley was inspired to eat less and exercise more. "We made *EatingWell* recipes for dinner four nights a week. I counted every calorie. I measured portions. I followed your helpful tips. And best of all, I enjoyed incredibly delicious meals that didn't make me feel like I was giving up anything.

"Today, I weigh 160 pounds less than I did the night I tried that Ethiopian stew. It is the first time in my life that I am at a normal BMI. I went from a size 28 to a size 8. I feel wonderful about myself, and it has truly changed every aspect of my life."

Hayley's story makes me psyched about the work we do at *EatingWell*. But what I also love is that it reminds me that there's a continuum of healthy. Me? I'm on the gobbling vegetables and addicted to exercise, "deeply into it" end. But I'm always learning new stuff. (Did you know sugar can wreak havoc on your skin? Check out page 12.) Lots of you are right there with me, while some of you are just starting your journey, as Hayley was 20 months ago. Wherever you are, there's something in this issue—quick dinner ideas (*page 25*), slim-down tips (*page 54*) or hearty soups and stews (*page 76*), for example—that will help you make healthy happen this year.

Cheers,

Jessie

**Jessie Price,**
*editor@eatingwell.com*

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# Your Get-Healthy Plan

Make this your healthiest year yet! Jump-start your slim-down by joining the Make Healthy Happen Challenge January 5-30.

★ **EAT BETTER**
Get 4 weeks of 500-calorie dinner menus (see p. 62 for the first week!)

★ **LOSE WEIGHT**
Track your meals & workouts with Lose It! to get points and see the pounds come off!

★ **MOVE MORE**
Try the 4-week workout plan from *Fitness* magazine

★ **FEEL GREAT!**
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**Jan. 12 at 12 p.m. EST Facebook Chat**
Get answers to your eating and exercise questions from *EatingWell*, *Fitness* and Lose It! experts at facebook.com/eatingwell.

**Snap and share** your "How I'm Making Healthy Happen" pics on Instagram with @eatingwell using hashtag #makehealthyhappen.

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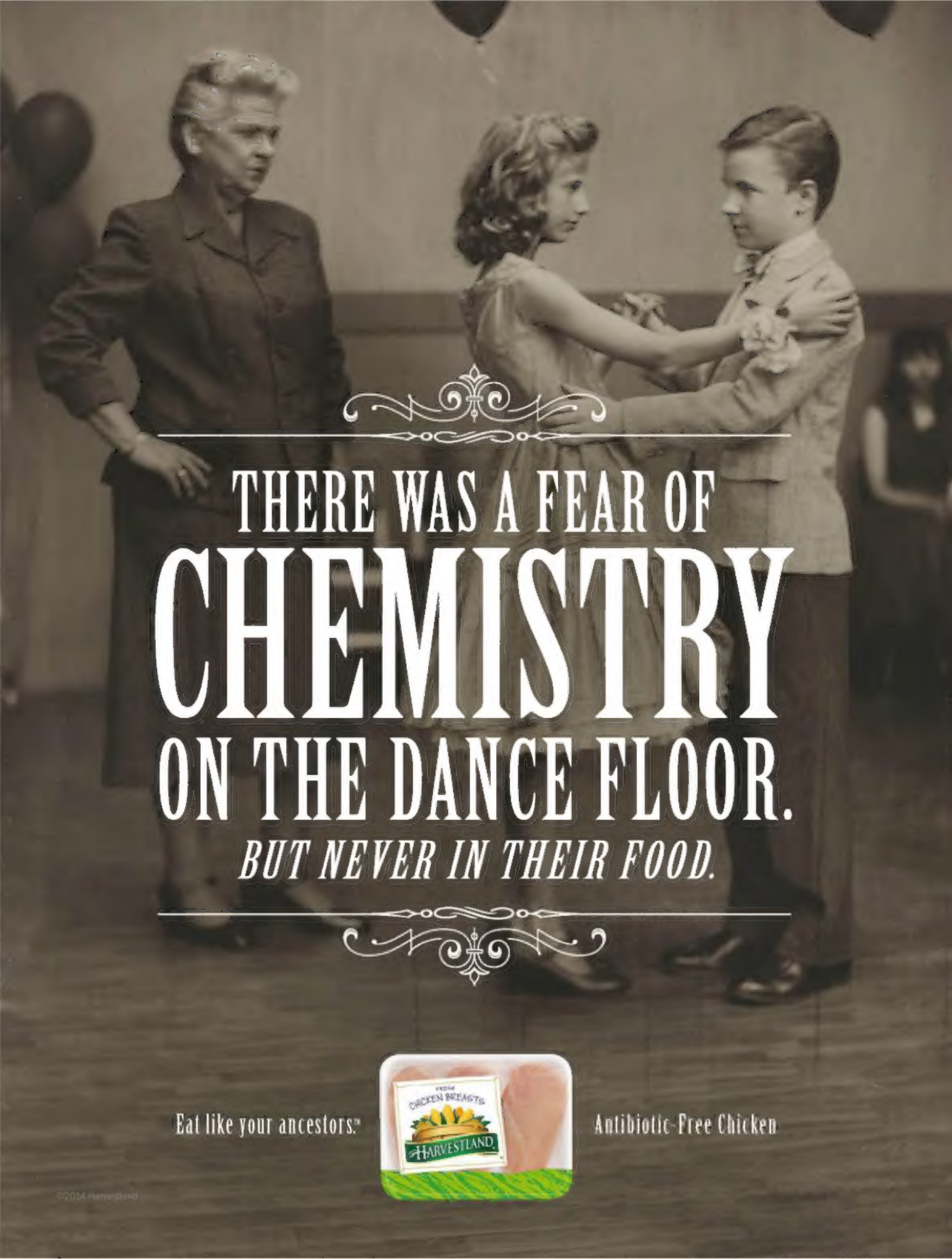
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# FRESH

## New Year, New Vegetable

### It's Kale! It's Brussels Sprouts! It's Kalettes!

**This is a big deal,** kind of like a new iPhone release in the produce aisle. Say hello to the Kalette. You may not know this veggie yet, but you certainly know its parents: kale and Brussels sprouts.

Naturally cross-bred in England, Kalettes made their way stateside last fall and for us it was pretty much love at first bite. Look for them at Trader Joe's (packaged as Kale Sprouts) or in a produce section near you. Try them roasted: the outer leaves crisp up like kale chips while the stalk stays tender and mildly sweet. Other ways to eat them: shredded in a salad, halved and sautéed as a pizza topper or in a frittata. They sure are cute... but luckily not too cute to eat!

*— Lisa D'Agrosa, M.S., R.D.*

**Roasted Kalettes** Toss 6 cups Kalettes with 2 Tbsp. extra-virgin olive oil and ¼ tsp. each salt and pepper. Roast on a large baking sheet at 475°F for 10 minutes. Serves 4: 1 cup each.

NATALIE STULTZ

# A Cause for Chocolate

The new bean-to-bar trend is growing into a chocolate revolution

**Move over, Willy Wonka.** A budding class of chocolate makers are cutting out the middleman to create a more ethical product. Entrepreneurs like Joe Whinney at Theo Chocolate in Seattle are sourcing cacao directly from farmers, paying the growers a fairer price and also raising that price when the quality of the beans improves. Translation: tastier chocolate and better pay for farmers. This is especially important in places like the war-torn Democratic Republic of Congo (where Theo sources beans for its Eastern Congo Initiative line).

The process of transforming cacao from tough, leathery seed pods to truffles is, unfortunately, not always quite so sweet. Cacao farmers in South America, Africa and Indonesia typically sell to large distributors who pay according to the fluctuating cocoa market. The farmers sometimes receive fair wages for their beans—but not always.

Luckily, the bean-to-bar trend is growing fast. You can now find chocolate made with direct-from-the-farmer beans in shops and supermarkets across the country from the likes of Amano, Taza, Askinosie and Blue Bandana chocolate. In your hometown, keep an eye out for chocolate with a direct-trade or Fair Trade label. Ethical practices and fair prices for growers make any bar taste just a little bit sweeter.

*—Lindsay Westley*

HEALTHY HOME

**Brrrn Fat** Save on your heating bills *and* rev your metabolism: Does it sound too good to be true? Turns out, cooler temps activate brown fat in your body, which actually helps you burn calories and may prevent obesity and diabetes. According to recent research in *Diabetes*, setting the bedroom thermostat at 66°F helped people burn up to 175 more calories each night compared to when they slept at a more balmy 75°F. Those numbers add up, so turn down the heat while you sleep to crank up the burn.

*—Lainey Younkin, M.S., R.D.*

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# RISE OF THE SALAD MACHINES

Fresh salads from a vending machine? Hallelujah! Before we get too excited, as of now they're only in the Windy City. For about $7 you can get your greens to go in any of Chicago's Farmer's Fridge vending machines—found in food courts, hotel lobbies and even convenience stores. Packed to the brim with veggies, fruits, nuts, seeds and cheeses, these creative salads are made fresh daily in recyclable jars. Any leftovers are donated to a local food shelf. *Psst:* Founder Luke Saunders has hinted at an expansion. (We're keeping our fingers crossed that a move to our home state is next!) —*L.W.*

## PET NUTRITION

### "Should I feed my pet a heart-healthy diet?"

Cats and dogs can develop heart disease, but they have a very low risk of heart attacks. They metabolize food differently than humans and naturally have mostly all "good" cholesterol and very little "bad" cholesterol.

However, if your pet has been diagnosed with heart disease, the best bet is to look for foods low in salt. Sodium is rarely listed on pet-food labels, so you may need to call the manufacturer and ask. Stick to the "one for one" rule: no more than 1 mg of sodium for every calorie of food. If you see "heart healthy" on the label, keep in mind that the term is unregulated and checking the sodium level is still a good idea.

**Bottom line:** Even if your pet is in perfect health, following a heart-healthy regimen by avoiding high salt foods and treats won't hurt. Getting plenty of activity is always a good idea—and benefits you both. Wondering about your buddy's heart? Ask your vet to listen for abnormal sounds during your next visit.

**Dr. Deborah Linder, DVM, DACVN,** Tufts Obesity Clinic for Animals

**Typically Found In:** "Lite" packaged foods, shredded cheese, frosting.
**What You Need to Know:** This food additive (aka cellulose gum, cellulose gel, MCC), usually made from wood pulp, is used as a thickener and stabilizer and to prevent clumping and crystallization. Considered safe by the FDA and the Center for Science in the Public Interest, it's even possible to find certified organic. It's an insoluble fiber, so it adds no calories and passes straight through your system. Recent research suggests cellulose supports "good" gut bacteria. But the naturally occurring kind found in broccoli stalks, leeks and celery appears to be more beneficial than manufactured cellulose. —*Anne Treadwell*

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# Sugar Smarts

## Why you pine for it, where it's hiding and how to retrain your sweet tooth

By Sally Kuzemchak, M.S., R.D.

**More than half of all Americans say they're trying to eat less sugar.** But it's hard to quit something that tastes so good—especially when your brain is hard wired to love it. In a study from Oregon Research Institutes, sipping a sweet milkshake caused the "reward center" of the brain (the part that floods the body with feel-good chemicals) to light up. The more sugar the milkshakes contained, the more this brain region—the same one activated by drugs like cocaine—glowed.

So it's no wonder that on average we consume double the recommended amount of sugar. The American Heart Association says women should have no more than 100 calories of sugar daily (about 6 tsp.), men no more than 150 calories (about 9 tsp).

But all sugars aren't created equal when it comes to your health. Those guidelines single out only added sugar, the kind put in during processing and baking. For foods that contain natural sugars, like fruit and dairy, the beneficial nutrients outweigh the amount of sugar. It's also really hard to overeat natural sugars; it's the ones added to processed foods that sneak up on you. If the FDA reworks nutrition labels as proposed to call out added sugar in products, it'll be that much easier to make better choices. We're still waiting, but until then these tips will help boost your sugar IQ.

**60+**
different aliases for added sugar on ingredient lists.
For the full list, come to eatingwell.com

**2x**
The increased risk of dying from cardiovascular disease for people eating a high-sugar diet compared to people who eat less sugar—even if their diet is otherwise healthy.

### The Experts Weigh In

**Q** **After spending an entire year avoiding added sugar, how much do you eat now?**

**A** My family's mantra is "It's got to be small and it's got to be special." For us, that's dessert about once a week. At restaurants, we find a dessert we all like and each have just two bites. The first two bites are always the best anyway
**Eve O. Schaub,** author of *Year of No Sugar*

**Q** **What's the best way to reduce sugar cravings?**

**A** I teach my patients what I call "Taste Bud Rehab." There's sugar in innumerable foods that aren't even sweet, like salad dressing and flavored pretzels. Replace those sweetened foods with unsweetened versions. The less you're exposed to sugar, the more you'll start to prefer a less-sweet diet overall.
**David Katz, M.D.,** author of *Disease-Proof*

**Q** **What's one harmful effect of a high-sugar diet that people may not know about?**

**A** When you have too much sugar in your bloodstream, it attaches to proteins in your body, including your skin's collagen and elastin. This damages them and makes them brittle. Over time, that can contribute to wrinkles, saggy skin and other signs of aging.
**Brooke Alpert, M.S., R.D.,** author of *The Sugar Detox*

## SWEET SURPRISES Here are 6 possible ways to instantly slash your added-sugar intake:

| | | | | | |
|---|---|---|---|---|---|
| 2 Tbsp. honey-mustard dressing: **5g** | 1 piece BBQ chicken: **5g** | 1 Tbsp. ketchup: **3g** | 1 medium mocha latte: **18g** | 1 chocolate chip muffin: **43g** | 1 cup tomato soup: **8g** |
| **VS.** | **VS.** | **VS.** | **VS.** | **VS.** | **VS.** |
| 2 Tbsp. ranch dressing: **1g** | 1 piece Buffalo chicken: **0g** | 1 Tbsp. yellow mustard: **0g** | 1 medium latte: **0g** | 1 chocolate glazed donut: **16g** | 1 cup chicken noodle soup: **0g** |

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SweetScarletts.com

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**Numbers to Look For**

Serving Size: 1 Slice

| | |
|---|---|
| Calories | Around 100 calories* |
| Fiber | 2 g |
| Sugar | 4 g |
| Sodium | ≤ 200 mg |

* will vary based on size

CHOP SMART by Lisa D'Agrosa, M.S., R.D.

# A Nicer Slice

When it comes to whole-wheat sandwich bread, there are a *ton* of choices at the supermarket. And not all are as healthy as they seem. Here, we break it down for you.

**Go Whole:** The first ingredient in your bread should be *whole*-wheat flour. Without the word "whole" in front of it, it's a refined grain. Don't let the color trick you—just because it's brown doesn't make it whole-wheat; sometimes manufacturers add molasses or other coloring to darken the bread.

**Sodium Smarts:** Breads and rolls are the #1 source of sodium in our diets—according to the CDC—partly because they're salty and also because we eat a lot of them. Compare and choose brands with the least amount of sodium, ideally less than 200 mg of sodium per slice.

**Fiber Up:** Aim for at least 1 gram of fiber for every 10 grams of carbohydrates (that's about the ratio found in whole grains). So if your slice has 20 grams of carbs, make sure there's at least 2 grams of fiber.

**Decoding Ingredients:** While the ingredient list in store-bought bread is longer than a recipe you'd follow at home, many added ingredients, like ascorbic acid and glycerol, aren't harmful and merely help extend the bread's shelf life.

**Brands We Like:** Arnold 100% Whole Wheat; Barowsky's Organic 100% Whole Wheat; Vermont Bread Company Soft Whole Wheat; Pepperidge Farm 100% Whole Wheat; Alvarado St. Bakery Sprouted Multi-Grain.

Win a tracker!

ASK THE NUTRITIONIST

# "How can my Fitbit help me lose weight?"

Ooh, the Fitbit. I'm completely addicted to mine. Thanks to my Fitbit, I've discovered I'm a bit of a sloth on nonexercise days. So now I'm the first person in my house to offer to run upstairs and grab whatever anyone needs. More steps!

I say the Fitbit—and other wearable trackers—are so worth it because they make you aware of your activity level (or lack thereof) and motivate you to move more. There's science to back me up, too: research shows that tracking your activity and/or being motivated to work out helps shed pounds. Better yet, one study showed that simply wearing a tracker could help you lose as much weight as if you regularly attended in-person weight-loss sessions.

But if you take the calorie-burn number too literally you could end up gaining weight. How is this possible?

"Most commercial trackers adjust your daily calorie intake based on the amount of activity you have done. For example, if you burn 300 calories on a walk, the tracker will tell you you can eat back 300 calories. Bad idea!" warns Jean Harvey, Ph.D., R.D., professor and chair of the Department of Nutrition and Food Sciences at the University of Vermont. If you're trying to slim down, eating your exercise calories will slow you down or stop any weight-loss progress.

Another potential pitfall: the built-in 10,000-steps recommendation isn't for weight loss. "[It's] a *health* recommendation," says nutrition consultant Christopher Mohr, Ph.D., R.D. "Research shows if you log 10,000 steps a day, you'll be healthier." Depending on your current activity level, this target may not be enough to shed pounds.

**THE BOTTOM LINE**

Use your tracker to motivate you to move more. If you're trying to slim down, ignore your tracker's calorie burn. It's likely inflated by exercise above what you need to lose weight.

Send your nutrition questions to Nutrition Editor **Brierley Wright, M.S., R.D.**, at *askus@eatingwell.com*

# DENTAL PROFESSIONALS ARE TALKING ABOUT A BREAKTHROUGH WAY TO TREAT SENSITIVITY

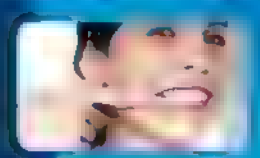
I WOULD RECOMMEND THIS TO MY PATIENTS WITHOUT RESERVATION.

I LIKE THAT YOU CAN GET IMMEDIATE RELIEF AND BETTER RELIEF OVER TIME.

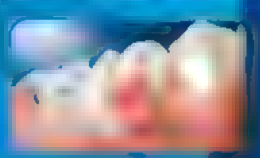
ONLY ONE TIME TO USE AND SEE RESULTS.

IT'S THE FIRST ONE I HAVE SEEN THAT ADHERES DIRECTLY TO SENSITIVE AREAS.



1 STRIP
by dental professionals



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While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

# GET YOUR SNACKS ON TRACK

## BE CHOOSY

The average snack has 226 calories—which means two a day could inflate your week by nearly 3,200 calories (almost a pound of weight gain). To control calories, choose a snack with a natural "physical boundary," says Yale's David Katz, M.D., such as a small yogurt or a banana. Or pour a measured amount into a bowl. And be extra mindful if you're drinking snacks like smoothies. "We don't compensate for calories in the liquid form like we do for food because they don't fill us up," warns *EatingWell* advisor Rachel Johnson, Ph.D., R.D.

## SCHEDULE SNACKS

Snacks are everywhere—the hardware store, the office, even the gym. To avoid grazing all day, make a plan for when you're going to snack. Every 3 to 4 hours is a good guide: going longer can trigger a low-blood-sugar response: hunger pangs, fatigue, even irritability. For most people, a late-afternoon snack makes sense. "A snack between lunch and dinner can subdue the appetite so you can make better choices and eat less at dinner," says Katz. Post-dinner snacking is trickier. Research shows there's a peak wave of cravings at 8 p.m. for salty, sweet and starchy foods. That nighttime noshing may alter hunger hormones and promote fat storage, leading to weight gain and higher "bad" cholesterol. If you're a night owl, choose a small, healthy bite (a sliced pear or bowl of sugar-snap peas) to thwart a cupboard cleanout.

## INCLUDE PROTEIN

Protein has a unique ability to satisfy us on fewer calories and keep hunger at bay longer. In a study from Cornell, a snack of cheese and vegetables helped quell the appetites of children more so than chips—and, as a result, the kids felt full with 72 percent fewer calories. The same was found for grown-ups too. Nuts are also a good high-protein snack, especially since researchers say a portion of the calories from almonds, peanuts and pistachios isn't absorbed by the body. Take a cue from the research: pair nuts or cheese with a veggie to fill you up on fewer calories.

## KEEP IT SIMPLE

A snack that's a whole food (a hard-boiled egg or carrots) keeps calories and portions reasonable. But if you're reaching for something packaged, a short list of ingredients you can recognize and pronounce is a good litmus test. That's because lengthy lists tend to include flavor enhancers and added sweeteners that stimulate your appetite instead of satisfying it. Watch out for savory snacks that contain sugar, such as nuts coated in both sweet and salty flavors. These combos may cause you to eat more.

# 100-CALORIE

SNACK SMARTER WITH THESE TASTY IDEAS. FOR A HEFTIER SNACK, TRY THE ADD-ONS* TO BUMP THEM UP TO AROUND 200 CALORIES.

## SMOKED SALMON CRACKER

Spread 3 Tbsp. low-fat cott
cheese on 1 Wasa cr
top with 2 slices small tom
1 ounce smoked salmon and
pinch each of salt & pepper
**96 calories** ★ Add 1 cup
blueberries: **180 calories**

## PROTEIN POWER SNACK

egg & ¼

## VEGGIE JUICE & CHEESE STICK

½ cup vegetable juice
& 1 part-skim mozzarella
string cheese: **108 calories**
★ Add 1 ounce dried un
sweetened mango:
**211 calories**

## STRAWBERRY ICE CREAM GRAHAMWICH

Sandwich 2 tbsp.
between
Squeeze
**104 calories** ★
two! **207 calories**

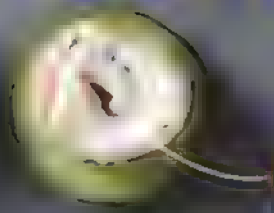
# SNACKS

### DIY CHOCOLATE-COVERED PRETZEL

Microwave 1 dark-chocolate Hershey kiss on 1 pretzel square until half melted, 50 to 70 seconds. Top with a sliced almond. Chill at least 30 minutes. Per 3: **95 calories** ★ Add "a shot" (1/3 cup) of low-fat chocolate milk: **197 calories**

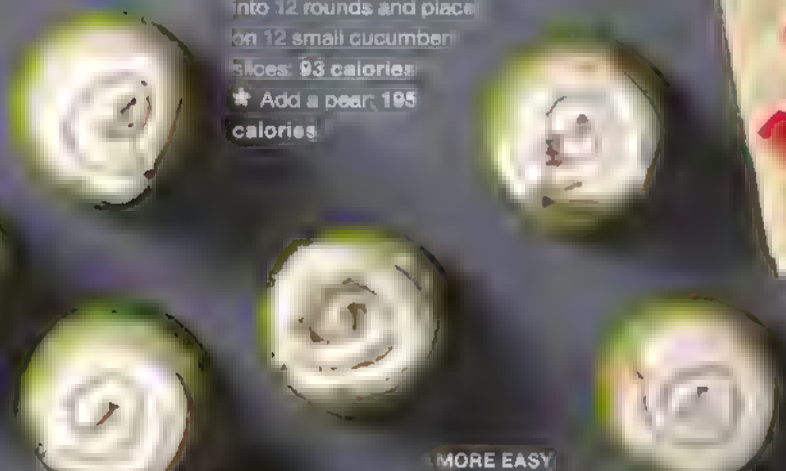
### NUTTY RICE CAKE

Spread 2 tsp. almond butter on 1 brown-rice cake and top with ⅛ sliced apple: **111 calories** ★ Use 1½ Tbsp. almond butter and drizzle with ½ tsp. honey: **205 calories**



### HAM PINWHEELS

Spread 2 Tbsp. reduced-fat cream cheese on 1 thin slice deli ham; cut into 12 rounds and place on 12 small cucumber slices: **93 calories** ★ Add a pear: **195 calories**



### QUICK QUESADILLA

Top a 6-inch corn tortilla with 1 Tbsp. each refried beans and shredded Cheddar; fold in half. Microwave to melt the cheese, 10 to 20 seconds. Serve with 1 Tbsp. fresh salsa: **99 calories** ★ Mix ¼ cup each diced avocado and mango with the salsa: **188 calories**

**MORE EASY SNACKS** at eatingwell.com/myextra

"Celery with peanut butter (my go-to snack) fits perfectly in this Eco Lunchbox snack tin! Plus, it's BPA-free and dishwasher-safe!" —*Lisa D'Agrosa, Associate Nutrition Editor*

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and
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# DIG A *Little* DEEPER

**The Buzz on Honey Bees**

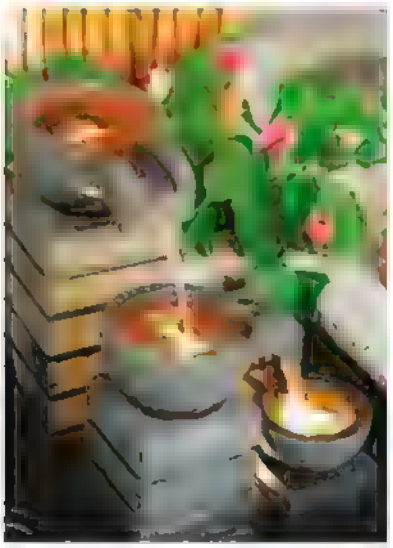
VOL 1 SUSTAINABILITY

Did you know honey bees help pollinate some of our most nutritious foods, such as fruits, nuts and the seeds of vegetables? Yet in recent years there's been growing concern that honey bee health is declining worldwide. Experts from bee keeper organizations, nonprofits, agricultural organizations, government agencies and others are working together to find solutions. Because without honey bees, farmers can't grow the food needed for a growing population.

**What you can do to help keep honey bees buzzing and thriving**

1 Since honey bees get their nourishment from nectar and pollen, you can help keep them well-fed by planting a diverse variety of flowers and plants in your own garden. Choose foliage that is native to your region, and – if possible – blooms all year.

Lavender Thyme Sunflowers Marigolds Goldenrod



2 Provide honey bees a clean, year-round source of water. It might be a rainwater collection system or small-scale garden water feature. Shallow water sources can provide enough hydration to give honey bees plenty to drink.

3 Support any sort of natural habitat conservation measures, such as land trusts and plantings on highway easements. They'll help keep the plants thriving – and honey bees buzzing!

## *Food for thought:*

Beehives typically house

**10,000 to 100,000**

honey bees. Amazingly, it's one Queen Honey Bee who oversees everything! Worker Honey Bees do the pollinating, honey making, and keeping the hive clean and productive.

Honey bees pollinate an estimated

**33%**

of crops.

Butterflies, hummingbirds and moths are also among the list of pollinators. Honey bees account for about

**80%**

of all pollination.

Look for more topics in future issues. Be part of the conversation at **Discover.Monsanto.com**

MONSANTO

# A Food Marriage

While we can't always blend our tastes at the table, when we do it can be refreshingly delicious. By Elizabeth Kelsey

**On my first date with Maroun,** he offered hummus on a platter. He spooned swirls in the chickpea dip, filled the indentations with glistening olive oil and dusted tart sumac on top. Redolent of fresh garlic and lemon, it was more flavorful than any I had ever eaten before.

Maroun was a natural with his native Lebanese specialties, but his other meals weren't quite as stunning. Sometimes he served odd concoctions, like milky ravioli soup with mint. He bought frozen dough from the supermarket and topped it with defrosted mixed vegetables whose faded oranges, greens and yellows reminded me of the Brady Bunch's decorating scheme. But being in love fogs one's taste like heavy cream clouds a pot of tomato soup: Maroun's dim little New Hampshire apartment could have been the Ritz; his cuisine, Le Cirque's. We'd finish the meal with a frozen Choco Taco and then head to the bedroom for more dessert.

There, in the darkness, I told Maroun stories of my latchkey childhood in the Florida suburbs, of microwaved meals and sitcoms. Maroun told me of his bomb-shelter stays as a kid; how he and his family drank rainwater that collected in gutters. How in better times they marinated olives and his mother cooked snails they collected together. He said he hoped I would sit at her table one day.

Three years later, Maroun and I married, and I moved to New Hampshire to be with him. In our quaint New England town, family farms and Main Street co-ops are the backdrop, but I was shocked to discover my husband only shopped at our city's strip mall. He cringed when I selected an expensive Gruyere and I scoffed when he reached for a can of generic ham. I shopped alone at the co-op for heirloom apples, stone-ground flour, grass-fed beef.

But my passion for Maroun, which had allowed me to overlook his odd comfort foods during the early stages of our romance, slowly transformed into calmer, steady love as we eased into our day-to-day existence. It made no difference to Maroun if I prepared a cheese soufflé or boxed macaroni and cheese. And when I came home to find him frying leftover lasagna in an omelet pan until the noodles burned at the edges, I shrugged and felt grateful for dinner.

He has a restraint that is hard for me, born in my land of excess, to share. By the time I'm tearing into a second helping, he's savoring his sixth bite and pausing to dot the corner of his mouth with a napkin. He never wastes food. "Do you think this is still good?" he'll ask, holding up a flaccid cucumber, and before I can answer, he'll begin chopping it for a salad.

In my own approach to cooking, I used to hold myself to a recipe's exacting standards. I was a slave to the measuring spoon and the kitchen scale. Although I had been cooking since my college years, I didn't dare stray from an expert author's advice. In contrast, Maroun relies on his instincts to create a meal. His steps from the counter to the refrigerator are light. Cooking is his way to relax, while for me it was another undertaking in my busy day. I began to try his more casual approach to cooking and now realize meals are more delicious when I trust my tastes.

I influenced Maroun too. He now leafs through food magazines I leave around the house for inspiration. He arrives home from trips to Lebanon with spices and nuts he can't wait to use. His creations have become more sophisticated—like our marriage, a Lebanese-American fusion—richer for a willingness to discover something new. He now turns excess vegetables from our CSA share into crisp, tart pickles. He sources farm-fresh eggs for olive oil omelets and makes a mean tahini barbecue sauce.

Now some of our happiest moments are when we cook together. I make dough from scratch as he mixes herbs and sesame for *za'atar*, an aromatic Middle Eastern blend we use on everything from flatbread to grilled meats. Sometimes we create an American *mezza* with his hummus, my homemade lavash bread and slices of Vermont cheeses. Like sumac on codfish or *labneh* (strained yogurt) on baked potatoes, the marriage of our two tastes and two cultures forms a deliciously exquisite union.

**ELIZABETH KELSEY**'s *essays on food, love and culture have appeared in* The Boston Globe Magazine, O: The Oprah Magazine, Ladies' Home Journal *and other publications. She collects stories about intercultural relationships at* elizabethkelsey.com.

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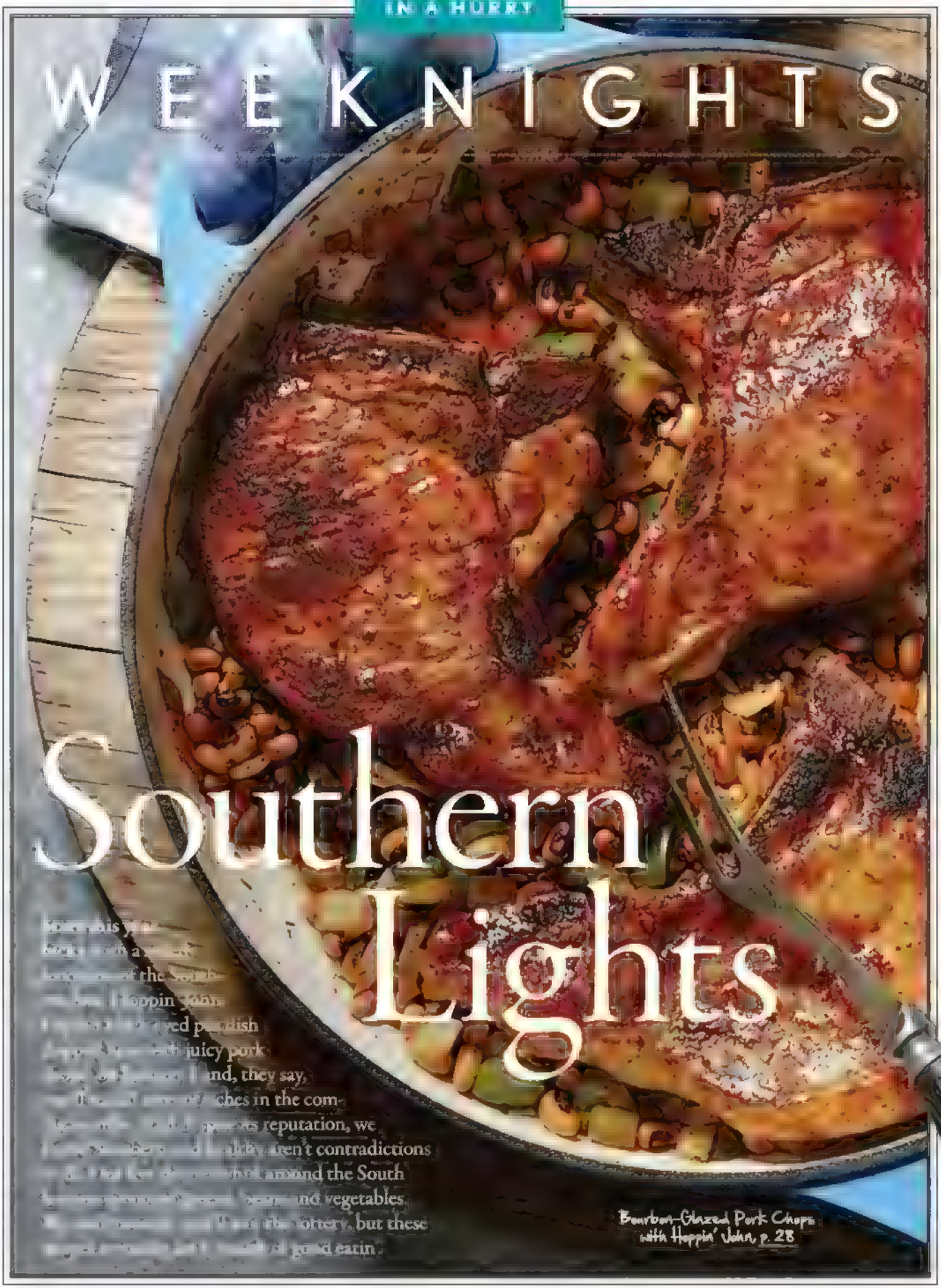
# WEEKNIGHTS



# Southern Lights

...is y...
...the ...
...Hoppin' John...
...ved pot-liquish...
...juicy pork...
...nd, they say,
...ches in the com-
...s reputation, we
...aren't contradictions
...round the South
...nd vegetables.
...ottery, but these
...good eatin'.

Bourbon-Glazed Pork Chops with Hoppin' John, p. 28

## BBQ PULLED CHICKEN SANDWICH WITH COLESLAW

**ACTIVE.** 30 MIN **TOTAL:** 40 MIN

*The eastern North Carolina-style barbecue sauce on this pulled chicken is vinegar-based, a far cry from the sweet tomato-heavy sauces from the western part of the state.*

- 1 pound boneless, skinless chicken breast, trimmed
- 1¾ cups cider vinegar
- 2 tablespoons sugar, divided
- ½ teaspoon crushed red pepper
- ½ teaspoon cayenne pepper
- ¾ teaspoon salt, divided
- ½ cup buttermilk
- ¼ cup reduced-fat mayonnaise
- ½ teaspoon celery seed
- ¼ teaspoon ground pepper
- 1 14-ounce package coleslaw mix (about 5 cups)
- 4 small soft buns or rolls, heated if desired

**1.** Place chicken in a medium skillet or large saucepan and cover with 1 inch of water. Bring to a boil. Reduce heat and simmer gently, turning once or twice, until the chicken is no longer pink in the middle, 12 to 15 minutes.
**2.** Meanwhile, combine vinegar, 1 tablespoon sugar, crushed red pepper, cayenne and ¼ teaspoon salt in a large saucepan over high heat. Bring to a boil. Cook until reduced by half, 8 to 10 minutes. Transfer 1 tablespoon of the sauce to a large bowl. Cover the pan and set aside.
**3.** Shred the chicken into bite-size pieces with two forks. Stir into the sauce in the pan until well combined. Cover and let marinate for 10 minutes.
**4.** Meanwhile, add the remaining 1 tablespoon sugar and ½ teaspoon salt to the sauce in the bowl, whisk in buttermilk, mayonnaise, celery seed and pepper. Add coleslaw mix and toss to combine. Serve the chicken on buns (or rolls) with the slaw and any extra sauce on the side.

**SERVES 4:** ⅔ CUP CHICKEN, 1 BUN & 1 CUP SLAW EACH
**Calories** 327 **Fat** 8g (sat 2g), **Cholesterol** 69mg, **Carbs** 32g, **Total sugars** 14g (added 8g), **Protein** 28g, **Fiber** 3g, **Sodium** 798mg, **Potassium** 571mg

**SOUTHERN WINE? Oh Yes.** Southerners may love bourbon and beer, but they're also now lucky enough to have really good local wines. Virginia boasts some up-and-coming vineyards producing world-class juice. Ankida Ridge, Fabbioli, Michael Shaps, Delaplane and Stinson are just a few of the bottles worth seeking out.

# Heart-smart.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber

# Dumb-dumb.

13 FLAVORED TORTILLA CHIPS

- 160 calories
- 2 grams protein
- 1 gram fiber

You don't have to go to Harvard to figure out a fistful of pistachios is more satisfying than a few measly flavored tortilla chips. It did, however, take a recent Harvard study to suggest eating nuts seven times a week or more is as healthy as it is smart. Pistachios are naturally cholesterol and trans fat free, a good source of protein and fiber, and heart-friendly. So get crackin'. And get snackin' with smarts.

Get Crackin'

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of coronary heart disease. See nutrition information for allowable variations. ©2014 Paramount Farms International LLC. All Rights Reserved. WonderDERful GET CRACKIN' and the Package Design and accompanying logos are registered trademarks of Paramount Farms International LLC. WP12095

## BOURBON-GLAZED PORK CHOPS WITH HOPPIN' JOHN

PHOTO ON PAGE 25

**ACTIVE:** 45 MIN **TOTAL:** 45 MIN

*Kentucky bourbon gives a kick to these sticky glazed pork chops. The Hoppin' John is made right in the same skillet; we flavor the black-eyed peas with smoked paprika instead of the traditional ham or bacon.*

- 2 tablespoons molasses
- 1 tablespoon bourbon *or* apple juice
- 1 tablespoon Dijon mustard
- 4 bone-in pork chops (½-¾ inch thick; about 2 pounds), trimmed
- ¾ teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1 large green bell pepper, diced
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 15-ounce can black-eyed peas, rinsed
- ¾ teaspoon smoked paprika
- ½ teaspoon dried thyme

**1.** Combine molasses, bourbon (or apple juice) and mustard in a small bowl. Season pork chops with ½ teaspoon each salt and pepper, then brush with half the molasses glaze.

**2.** Position rack in upper third of oven; preheat broiler to high.

**3.** Heat 1 tablespoon oil in a large cast-iron or other broiler-safe skillet over medium-high heat. Add the pork chops and cook until golden brown, 2 to 3 minutes per side. Transfer to a plate.

**4.** Add the remaining 1 tablespoon oil to the pan. Add bell pepper, onion and garlic; cook, stirring occasionally, until the vegetables start to soften, about 4 minutes. Add black-eyed peas, paprika, thyme and the remaining ¼ teaspoon each salt and pepper. Cook for 2 minutes. Place the pork chops on top of the peas and pour in any accumulated juice. Brush the chops with the remaining glaze. Place the pan under the broiler. Broil until an instant-read thermometer inserted into a chop registers 145°F, 2 to 5 minutes.

**SERVES 4:** 1 CHOP & ¾ CUP HOPPIN' JOHN EACH

**Calories** 409, **Fat** 16g (sat 4g), **Cholesterol** 100mg, **Carbs** 25g, **Total sugars** 10g (added 7g), **Protein** 37g, **Fiber** 4g, **Sodium** 714mg, **Potassium** 860mg.

## MAC & CHEESE WITH COLLARDS

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Dark leafy collards—the "it" green of the South—add bold flavor and boost the calcium in this creamy skillet mac and cheese.*

- 8 ounces whole-wheat elbow noodles (about 2 cups)
- 4 cups chopped collard greens
- 1¾ cups low-fat milk, divided
- 3 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 cup shredded extra-sharp Cheddar cheese
- 2 ounces reduced-fat cream cheese
- 2 teaspoons white-wine vinegar
- ¼ cup panko breadcrumbs, preferably whole-wheat
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon paprika

**1.** Bring a large pot of water to a boil. Add pasta and collards and cook according to the pasta package directions. Drain.

**2.** Meanwhile, heat 1½ cups milk in a large broiler-safe skillet over medium-high heat until just simmering. Whisk the remaining ¼ cup milk, flour, salt and pepper in a small bowl until combined. Add the flour mixture to the simmering milk; reduce heat to medium-low and cook, whisking constantly, until thickened, 1 to 2 minutes. Remove from heat and whisk in Cheddar, cream cheese and vinegar until the cheese is melted. Stir the pasta and collards into the sauce.

**3.** Position rack in upper third of oven; preheat broiler to high.

**4.** Combine breadcrumbs, oil and paprika in a small bowl. Sprinkle over the pasta. Broil until golden brown, 1 to 3 minutes.

**SERVES 4:** ABOUT 1⅔ CUPS EACH

**Calories** 470, **Fat** 18g (sat 9g), **Cholesterol** 45mg, **Carbs** 57g, **Total sugars** 8g (added 0g), **Protein** 23g, **Fiber** 7g, **Sodium** 577mg, **Potassium** 369mg.

SPICE IT UP!
page 107

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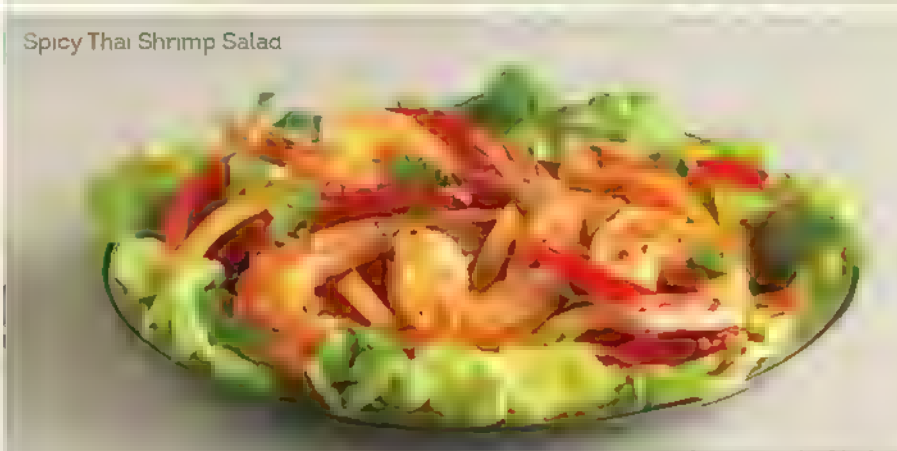

**EDITOR'S PICK** "I'm obsessed with La Tourangelle cooking sprays. Even without propellant, the spray is stronger and coats better. Plus, some are organic."
*—Brierley Wright, Nutrition Editor*

## PIMIENTO-CHEESE PATTY MELT

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Repurpose the beloved cheese spread of the South and you've got an insanely delicious topping for a patty melt. To keep the bread-to-burger ratio even (and calories in check), look for a smaller loaf of country bread or cut large slices in half.*

- ¼ cup grated onion
- 1 tablespoon Worcestershire sauce
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound lean ground beef
- ½ cup shredded sharp Cheddar cheese
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons chopped jarred pimientos
- 2 tablespoons chopped scallions
- 4 slices whole-wheat country bread, toasted

**1.** Combine onion, Worcestershire, paprika, garlic powder, salt and pepper in a medium bowl. Add beef and gently knead together. Do not overmix. Form into 4 burgers, about the same size as the bread you're using.

**2.** Coat a large nonstick skillet with cooking spray and set over medium-high heat. Add the burgers and cook, turning once, until just cooked through, 8 to 10 minutes total.

**3.** Meanwhile, preheat broiler to high. Combine cheese, mayonnaise, pimientos and scallions in a small bowl.

**4.** Place toast on a baking sheet. Top each piece with a burger and about 2 tablespoons of the cheese mixture. Broil until the cheese starts to brown, about 2 minutes.

**SERVES 4:** 1 PATTY MELT EACH

**Calories** 334, **Fat** 16g (sat 7g), **Cholesterol** 87mg, **Carbs** 16g, **Total sugars** 3g (added 2g), **Protein** 29g, **Fiber** 3g, **Sodium** 514mg, **Potassium** 485mg

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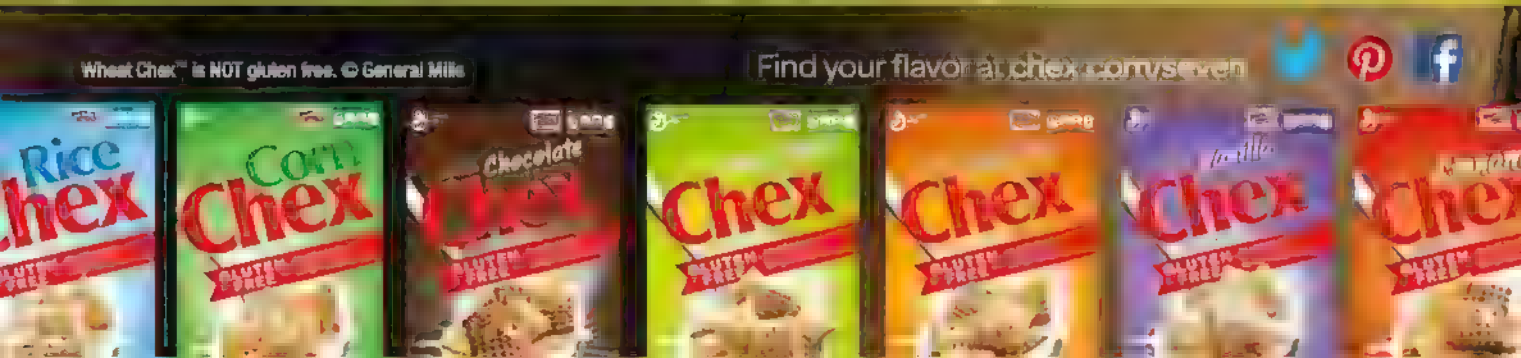

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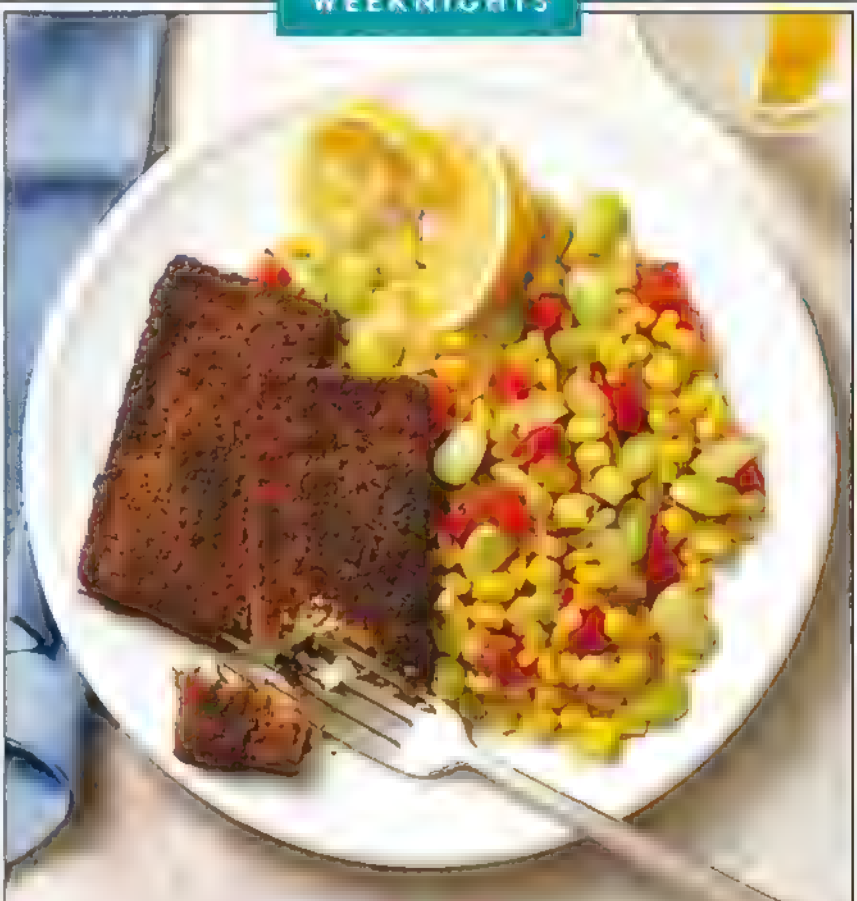

## BLACKENED TOFU WITH SUCCOTASH

**ACTIVE:** 35 MIN **TOTAL:** 35 MIN

*Here's a vegetarian take on Louisiana's classic blackened-fish dish. The tofu even gets a crispy crust. The secret? Cornstarch.*

- 3½ tablespoons extra-virgin olive oil, divided
- 1 small onion, chopped
- 1 large red bell pepper, diced
- 1 10-ounce package frozen corn, thawed
- 1 10-ounce package frozen baby lima beans, thawed
- 1½ teaspoons garlic powder, divided
- 1 teaspoon salt, divided
- 1 14- to 16-ounce package extra-firm tofu, drained
- 4 teaspoons paprika
- 1½ teaspoons dried thyme
- ½ teaspoon ground pepper
- ¼ teaspoon cayenne pepper, or to taste
- ¼ cup cornstarch
- Lemon wedges for serving

**1.** Heat 1½ tablespoons oil in a medium skillet over medium heat. Add onion and bell pepper and cook, stirring, until softened, 3 to 4 minutes. Add corn and lima beans and cook, stirring frequently, until hot, 4 to 6 minutes. Stir in ½ teaspoon each garlic powder and salt. Remove from heat and cover to keep warm.

**2.** Meanwhile, slice tofu crosswise into 8 slabs. Pat dry with paper towels and sprinkle with the remaining ½ teaspoon salt. Combine paprika, thyme, pepper, cayenne and the remaining 1 teaspoon garlic powder in a shallow bowl. Dredge both sides of the tofu in the spice mixture. Stir cornstarch into the remaining spice mixture. Dredge the spiced tofu in the cornstarch mixture.

**3.** Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half the tofu and cook, turning once, until almost blackened, 2 to 3 minutes per side. Transfer to a plate. Repeat with the remaining 1 tablespoon oil and tofu. Serve the tofu with the succotash and lemon wedges, if desired.

**SERVES 4:** 2 SLICES TOFU & 1 CUP SUCCOTASH EACH

Calories 398, **Fat** 18g (sat 3g), **Cholesterol** 0mg, **Carbs** 48g, **Total sugars** 5g (added 0g), **Protein** 17g, **Fiber** 9g, **Sodium** 638mg, **Potassium** 806mg.

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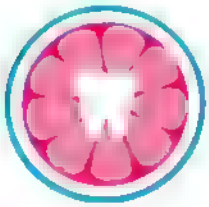
## GRAPEFRUIT BRULEE



**INGREDIENTS**

- 2 pink or ruby-red grapefruits
- 4 tablespoons packed dark brown sugar
- 2 tablespoons butter, cut into tiny pieces
- ¼ teaspoon ground cinnamon
- ¼ teaspoon freshly grated nutmeg

**PREPARATION**

Position oven rack about 5 inches from broiler; preheat broiler. Trim stem end and opposite end off each grapefruit. Stand grapefruit on cut end down on a work surface. Cut off the rind and pith with a sharp knife, making sure to remove all the white pith. Cut each fruit into 4 rounds, about ½ inch thick, by making cuts between membranes and bottom. Place slices in a large baking pan in a single layer. Top each with 1½ teaspoons brown sugar, dot with butter and sprinkle with a pinch of cinnamon and nutmeg. Broil the grapefruit until bubbling and starting to brown, 6 to 8 minutes. Drizzle pan juices over each serving.

## GINGERSNAP-BANANA FROZEN YOGURT

**INGREDIENTS**

- 2 cups vanilla frozen yogurt, softened
- 6 gingersnap cookies, chopped
- 2 bananas, sliced
- ¼ cup chopped toasted pecans

**PREPARATION**

Layer equal portions of frozen yogurt, chopped gingersnaps, bananas and pecans into 4 small dessert cups or glasses. Freeze until the yogurt is firm, at least 10 minutes.

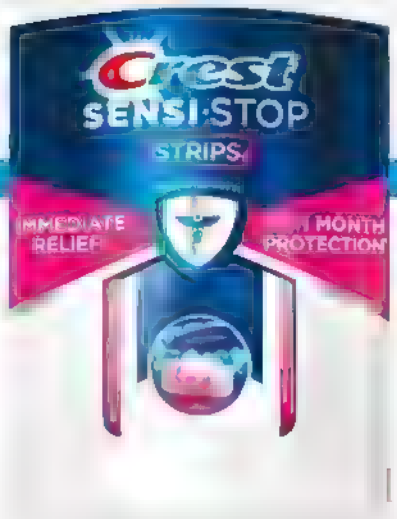
## HOT CHOCOLATE

**INGREDIENTS**

- 2 tablespoons sugar
- 4 teaspoons unsweetened cocoa powder
- 1 cup 1% milk, divided
- ¼ teaspoon vanilla extract
- Pinch of ground cinnamon

**PREPARATION**

Mix sugar, cocoa and 2 tablespoons cold milk in a mug until smooth. Heat the remaining milk in a small saucepan on the stovetop until steaming hot but not boiling. Stir in the cocoa mixture and vanilla.

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# IN SEASON

## The Essential Onion

### Four quick recipes for our favorite pantry staple

What kitchen is without an onion...or 10? They're a must if you're a cook, and you probably don't give them a second thought. But consider this: They change with the seasons. Right now you'll find onions that were harvested in fall. They've spent a lot fewer hours in the sun, so they've got less sugar and a more-concentrated flavor. Plus their thicker skin and lower water content means they keep longer. (Store them in a cool, dry spot.) The other thing you've probably overlooked: onions can be way more than just that first thing you throw in a pan. Take a gratin: typically it's all about the potatoes and cream, with a little flavor from sauteed onions. Here, skip the taters and instead bake onion rounds until their punch turns sweet. Top with cheesy, crunchy goodness and you've got individual onion gratins. So much more savory, delicious and better for you too! It's time to reconsider the humble onion.

—Breana Lai, M.P.H., R.D.

**Cry it out!**

The sulfur compounds in onions make you cry. They're also good for you—they may help ward off some cancers. Get 3 easy tips to cut onions without tears at eatingwell.com/onbeauty.

## CARAMELIZED ONION & GOAT CHEESE ROLLS

**ACTIVE:** 25 MIN **TOTAL:** 45 MIN

**TO MAKE AHEAD:** Prepare through Step 3. Cover and refrigerate overnight. Let stand for 15 minutes before baking. **EQUIPMENT:** Muffin tin with 12 (½-cup) cups

*Store-bought pizza dough is the time-saving secret to making homemade onion rolls in under an hour.*

- 2 tablespoons extra-virgin olive oil, divided
- 5 cups thinly sliced red onions
- 2 tablespoons water
- 1 teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound pizza dough, preferably whole-wheat
- 4 ounces goat cheese, crumbled

**1.** Preheat oven to 425°F. Coat a 12-cup muffin tin with cooking spray.

**2.** Heat 1 tablespoon oil in a large skillet over medium-high heat. Add onions, cover and cook, stirring occasionally, for 10 minutes. Reduce heat to medium; add water, thyme, salt and pepper and continue cooking until golden and tender, 8 to 10 minutes more, adding water as needed to prevent overbrowning.

**3.** Roll out dough on a lightly floured surface into a 9-by-13-inch rectangle. Brush with the remaining 1 tablespoon oil. Spread the onions over the dough and scatter goat cheese on top. Starting with a long side, roll the dough into a log. Cut into 12 slices and place in the prepared muffin tin.

**4.** Bake until golden brown, 15 to 20 minutes. Let cool for 5 minutes.

**SERVES 12:** 1 ROLL EACH

**Calories** 145, **Fat** 6g (sat 2g), **Cholesterol** 4mg, **Carbs** 19g, **Total sugars** 3g (added 1g), **Protein** 5g, **Fiber** 2g, **Sodium** 185mg, **Potassium** 74mg

## MINI ONION GRATINS

**ACTIVE:** 15 MIN **TOTAL:** 45 MIN

*Turn a couple of big onions into an easy and cool-looking vegetable side dish with a crunchy gratin-like topping. The nutty taste of fontina cheese is a good match for the onions, but you can use any melty cheese you have on hand.*

- 2 large white onions, cut into 4 thick rounds each
- 2 tablespoons extra-virgin olive oil plus 2 teaspoons, divided
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt
- ¾ cup fine fresh breadcrumbs, preferably whole-wheat
- ½ cup shredded fontina cheese
- 1 teaspoon crumbled dried rosemary or 1 tablespoon chopped fresh

**1.** Preheat oven to 450°F.

**2.** Keeping onion rounds intact, place on a rimmed baking sheet. Combine 2 tablespoons oil, ¼ teaspoon pepper and salt in a small bowl. Brush both sides of the onions with the oil mixture. Bake, turning once, for 15 minutes.

**3.** Meanwhile, combine breadcrumbs, cheese, rosemary, the remaining 2 teaspoons oil and ¼ teaspoon pepper in a small bowl.

**4.** Turn the onions over again and top each with some of the breadcrumb mixture. Reduce oven temperature to 400°F and continue baking until lightly browned, 12 to 15 minutes more.

**SERVES 4:** 2 ROUNDS EACH

**Calories** 216, **Fat** 14g (sat 4g), **Cholesterol** 16mg, **Carbs** 15g, **Total sugars** 4g (added 1g), **Protein** 7g, **Fiber** 3g, **Sodium** 333mg, **Potassium** 172mg

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## CURRIED ONION DIP

**ACTIVE:** 25 MIN **TOTAL:** 35 MIN
**TO MAKE AHEAD:** Cover and refrigerate for up to 2 days.

*Skip the standard onion soup-mix dip and serve up this freshly caramelized onion and curry dip along with your favorite chips or some crudités.*

- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 2 tablespoons water
- ¼ teaspoon curry powder
- ½ teaspoon garlic powder
- ½ teaspoon salt, divided
- ¼ cup reduced-fat sour cream
- 3 ounces reduced-fat cream cheese, at room temperature

**1.** Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring occasionally, until starting to color, 5 to 7 minutes. Reduce heat to medium and continue cooking, stirring occasionally, until golden brown, 8 to 10 minutes more. Add water, curry powder, garlic powder and ¼ teaspoon salt and cook, stirring constantly, until the spices are very fragrant, 30 seconds to 1 minute.
**2.** Transfer the onions to a large bowl and let cool for 10 minutes. Whisk in sour cream, cream cheese and the remaining ¼ teaspoon salt.

**MAKES:** ABOUT 1¼ CUPS (2-TBSP. SERVING)
Calories 47, Fat 4g (sat 2g), Cholesterol 10mg, Carbs 2g, [illegible] (added 0g), Protein 1g, Fiber 0g, Sodium 15[illegible]

## BEER-BATTERED ONION RINGS WITH ROASTED PEPPER AIOLI

**ACTIVE:** 30 MIN **TOTAL:** 45 MIN

*Cornmeal adds crispiness to these onions rings and a touch of brown ale in the batter adds a subtle malty flavor. While they bake, roasted red peppers from a jar and a clove of garlic turn plain mayo into a dipping sauce.*

- 2 tablespoons canola oil
- ¼ cup all-purpose flour
- 1 tablespoon cornstarch
- ½ teaspoon garlic powder
- ⅛ teaspoon cayenne pepper
- ¼ teaspoon salt
- ½ cup brown ale
- 1 cup fine yellow cornmeal
- 1 large sweet onion, sliced into ½-inch-thick rings
- Canola or olive oil cooking spray

ROASTED RED PEPPER AI[illegible]

- 1 clove garlic, min[illegible]
- ⅛ teaspoon salt
- [illegible] cup low-fat mayonnaise
- ¼ cup sliced jarred roast[illegible] red peppe[illegible]

**1.** Preheat oven to 450°F. Brush a large rimmed baking [illegible] the
**2.** Whisk flour, cornstarch, garlic powder, caye[illegible] teaspoo[illegible] salt in a medium bowl. Whisk in ale until combin[illegible] in a shallow bowl. Separate onion slices into rings and dip in the batter, letting excess drip off, then dredge in cornmeal. Place [illegible] the prepared baking sheet. Coat the onion rings with coo[illegible]
**3.** Bake until browned on the bottom, about 12 minutes. [illegible] the other side with cooking spray, and bake until browned [illegible] 10 to 12 minutes more.
**4. To prepare aioli:** Mash garlic and ⅛ teaspoon salt into a paste [illegible] cutting board. Transfer the paste to a bowl and stir in mayonnais[illegible] red peppers. Serve with the onion rings.

**SERVES 4:** 6-7 ONION RINGS & 1½ TBSP. AIOLI EACH
Calories 223, Fat 9g (sat 1g), Cholesterol 5mg, Carbs 32g, Total sugars 3[illegible] (added 1g), Protein 3g, Fiber 2g, Sodium 417mg, Potassium 135mg.

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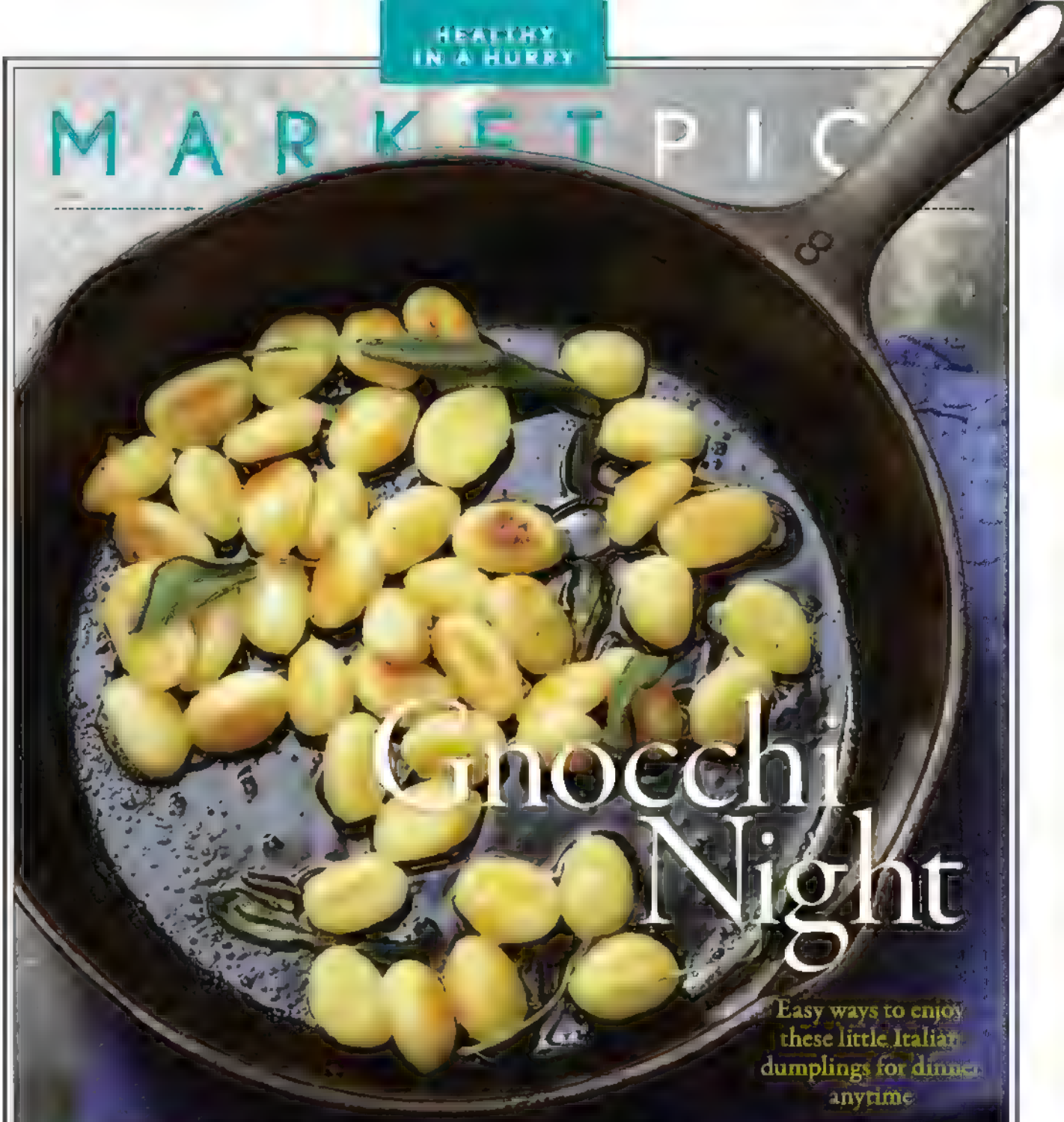

# Gnocchi Night

**Easy ways to enjoy these little Italian dumplings for dinner anytime**

**WHAT THEY ARE** These bite-size Italian dumplings, made with potatoes, flour, egg and salt, pop up on restaurant menus regularly. Beyond the basic ingredients, gnocchi (pronounced "nyo-key") can be made with everything from ricotta cheese and fresh herbs to pureed spinach or beets. They're easy to make from scratch, but not exactly Monday-night fast. Luckily, premade gnocchi are available in most supermarkets—look for them in the pasta aisle or freezer section.

**SHELF-STABLE VS. FROZEN** The *EatingWell* Test Kitchen hands-down prefers the texture of shelf-stable gnocchi; they are less dense and more airy, the way gnocchi should be. And you can get the shelf-stable variety on the table faster: skip the boiling step and simply crisp them up in a little butter or oil. If you prefer frozen gnocchi, they can be used in these recipes too. Just one difference: they need to be cooked in boiling water before they're sautéed, so adjust the recipe accordingly.

**NUTRITION WISE** The sodium in gnocchi varies widely across brands, so check the nutrition label before you buy. We found that for a 4-ounce serving, sodium ranged from 190 to 830 mg. You may notice that we don't call for whole-wheat gnocchi. We tried it along with regular gnocchi and prefer the milder flavor of regular. For an extra 1 to 2 grams of fiber per serving, opt for whole-wheat gnocchi made by Gia Russa or Anna (availability is somewhat limited, though). —**Carolyn Malcoun**

## SPINACH & SAUSAGE GNOCCHI

**ACTIVE:** 45 MIN **TOTAL:** 45 MIN

- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, sliced
- 2 links hot Italian turkey sausage (about 6½ ounces), casings removed
- 2 large cloves garlic, minced
- ¼ teaspoon ground pepper
- 2 tablespoons water
- 1 12-ounce bag spinach, stemmed
- 1 16-ounce package shelf-stable gnocchi
- 2 ounces thinly sliced fresh mozzarella cheese

**1.** Heat 1 tablespoon oil in a large broiler-safe skillet over medium heat. Add onion; cook, stirring occasionally, until brown, 8 to 10 minutes. Reduce heat to medium-low; continue cooking, stirring occasionally, until golden brown and very tender, about 10 minutes more. Increase heat to medium and add sausage, garlic and pepper. Cook, breaking up the sausage with a wooden spoon, until cooked through, 3 to 5 minutes. Add water and cook, stirring up any browned bits, until the water has evaporated, about 1 minute. Add spinach a handful at a time and cook, stirring, until wilted, 3 to 4 minutes.

**2.** Position rack in upper third of oven; preheat broiler to high.

**3.** Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, about 5 minutes. Stir the gnocchi into the spinach mixture. Top with mozzarella. Broil until the cheese starts to brown, 3 to 5 minutes.

**SERVES 4:** ABOUT 1¼ CUPS EACH

**Calories** 418, **Fat** 15g (sat 4g), **Cholesterol** 46mg, **Carbs** 52g, **Total sugars** 2g (added 0g), **Protein** 21g, **Fiber** 3g, **Sodium** 792mg, **Potassium** 671mg

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## GNOCCHI WITH MUSHROOMS & PUMPKIN CREAM SAUCE

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Pumpkin isn't just for pie! Here canned pumpkin serves as the base for a creamy sauce. For the best flavor, top with real Parmigiano-Reggiano cheese. Save the leftover pumpkin puree for a smoothie or pancakes.*

- 3 tablespoons extra-virgin olive oil, divided
- 1 tablespoon chopped fresh sage
- 1 16-ounce package shelf-stable gnocchi
- ½ cup sliced shallots
- 8 ounces white mushrooms, sliced
- 2 tablespoons dry sherry
- ¼ teaspoon salt
- ½ teaspoon ground pepper
- 1 cup canned pumpkin puree
- ½ cup half-and-half
- ¼ cup water
- ⅓ cup shaved Parmesan cheese (see Tip, page 101)

**1.** Heat 2 tablespoons oil and sage in a large nonstick skillet over medium-high heat until the sage begins to sizzle. Add gnocchi and cook, stirring often, until plumped and starting to brown, about 5 minutes. Transfer to a bowl and cover to keep warm.

**2.** Heat the remaining 1 tablespoon oil in the pan over medium heat. Add shallots and cook, stirring, for 1 minute. Add mushrooms, cook, stirring occasionally, until the mushrooms start to brown, 3 to 4 minutes. Add sherry, salt and pepper and cook until the liquid has evaporated, about 1 minute. Stir in pumpkin, half-and-half and water; cook, stirring, until the sauce begins to bubble. Serve over the gnocchi, garnished with cheese.

**SERVES 4:** ABOUT 1 CUP EACH

Calories 420, Fat 17g (sat 5g), Cholesterol 16mg, Carbs 57g, Total sugars 4g (added 0g), Protein 12g, Fiber 3g, Sodium 644mg, Potassium 432mg.

## CHICKEN & GNOCCHI DUMPLINGS

**ACTIVE:** 40 MIN **TOTAL:** 40 MIN

*You may never make dumplings from scratch again when you taste how well gnocchi stand in for them in this luxurious crowd-pleasing stew.*

- 1 16-ounce package shelf-stable gnocchi
- ½ cup thawed frozen peas
- 1 pound boneless, skinless chicken thighs, trimmed, cut into 1-inch pieces
- ⅓ cup all-purpose flour
- 2 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt
- ½ teaspoon ground pepper, divided
- 2 cups diced carrots
- 1 cup sliced celery
- 1 medium onion, diced
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1¾ cups low-sodium chicken broth

**1.** Bring a large saucepan of water to a boil. Add gnocchi and cook, stirring frequently, for 2 minutes. Stir in peas and cook until the gnocchi are tender, 1 to 2 minutes more. Drain.

**2.** Meanwhile, toss chicken with flour in a bowl until coated. Heat 1 tablespoon oil in a large skillet over medium-high heat. Transfer the chicken to the pan (reserving the flour remaining in the bowl) and sprinkle with ¼ teaspoon each salt and pepper. Cook, stirring occasionally, until lightly browned, about 5 minutes. Transfer the chicken to a plate.

**3.** Add the remaining 1 tablespoon oil to the pan. Add carrots, celery, onion, thyme and the remaining ¼ teaspoon pepper; cook, stirring occasionally, until the vegetables are crisp-tender, 5 to 7 minutes. Sprinkle the reserved flour over the vegetables; stir to coat. Stir in broth and the chicken. Cook, stirring occasionally, until the stew is thickened, about 3 minutes. Add the gnocchi and peas and cook, gently stirring, until the gnocchi are hot, about 2 minutes.

**SERVES 4:** [illegible]

Calories 442, Fat [illegible]g, Cholesterol [illegible]mg, Carbs 69g, Total sugars 7g (added 0g), Protein 32g, Fiber 5g, Sodium 730mg, Potassium [illegible]mg.

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## TOMATO & ARTICHOKE GNOCCHI

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Artichoke hearts, olives and a splash of red-wine vinegar give this ultra-quick sauce pizzazz.*

- 2 tablespoons extra-virgin olive oil, divided
- 1 16-ounce package shelf-stable gnocchi
- 1 small onion, sliced
- 1 small red bell pepper, diced
- 4 large cloves garlic, thinly sliced
- 1 tablespoon chopped fresh oregano, plus more for garnish
- 1 15-ounce can chickpeas, rinsed
- 1 14-ounce can no-salt-added diced tomatoes
- 1 9-ounce box frozen artichoke hearts, thawed and chopped
- 8 pitted Kalamata olives, sliced
- 1 tablespoon red-wine vinegar
- ¼ teaspoon ground pepper

**1.** Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, about 5 minutes. Transfer to a bowl and cover to keep warm.

**2.** Reduce heat to medium. Add the remaining 1 tablespoon oil and onion to the pan. Cook, stirring occasionally, until starting to brown, 2 to 3 minutes. Add bell pepper; cook, stirring occasionally, until crisp-tender, about 3 minutes. Add garlic and oregano; cook, stirring, for 30 seconds. Add chickpeas, tomatoes and artichokes; cook, stirring, until hot, about 3 minutes. Stir in olives, vinegar, pepper and the gnocchi. Sprinkle with oregano, if desired.

**SERVES 4:** 1¾ CUPS EACH
**Calories** 423, **Fat** 11g (sat 1g), **Cholesterol** 0mg, **Carbs** 70g, **Total sugars** 6g (added 0g), **Protein** 12g, **Fiber** 9g, **Sodium** 606mg, **Potassium** 328mg

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# Oatmeal Upgrade

Pep up your morning bowl of oats with these not-so-old-fashioned toppings. Short on time in the morning? Try our overnight oatmeal on page 101.

## COCONUT CHAI-SPICE

- 3 Tbsp. unsweetened coconut milk beverage
- 2 Tbsp. toasted unsweetened coconut chips or flakes
- 2 tsp. brown sugar
- ¼ tsp. ground cinnamon
- ⅛ tsp. ground ginger
- Pinch of ground cardamom
- Pinch of ground pepper

## CHOCOLATE BANANA

- ½ small banana
- 1 Tbsp. chocolate-hazelnut spread
- Pinch of flaky sea salt

For nutrition analysis for all recipes, turn to the recipe index on page 102

## F.G & R.COTTA

- 2 Tbsp. part-skim ricotta cheese
- 2 Tbsp. chopped dried figs
- 1 Tbsp. toasted sliced almonds
- 2 tsp. honey

## SAVORY CURRY CASHEW

- 3 Tbsp. golden raisins
- 2 Tbsp. toasted chopped cashews
- ¼ tsp. curry powder

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3
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# LOSE IT THIS YEAR! Forever!

**This year, set your weight-loss goal, and meet it—once and for all. Here, 5 real-world stories and must-have tips to help you make changes that will last a lifetime.**

By [illegible]

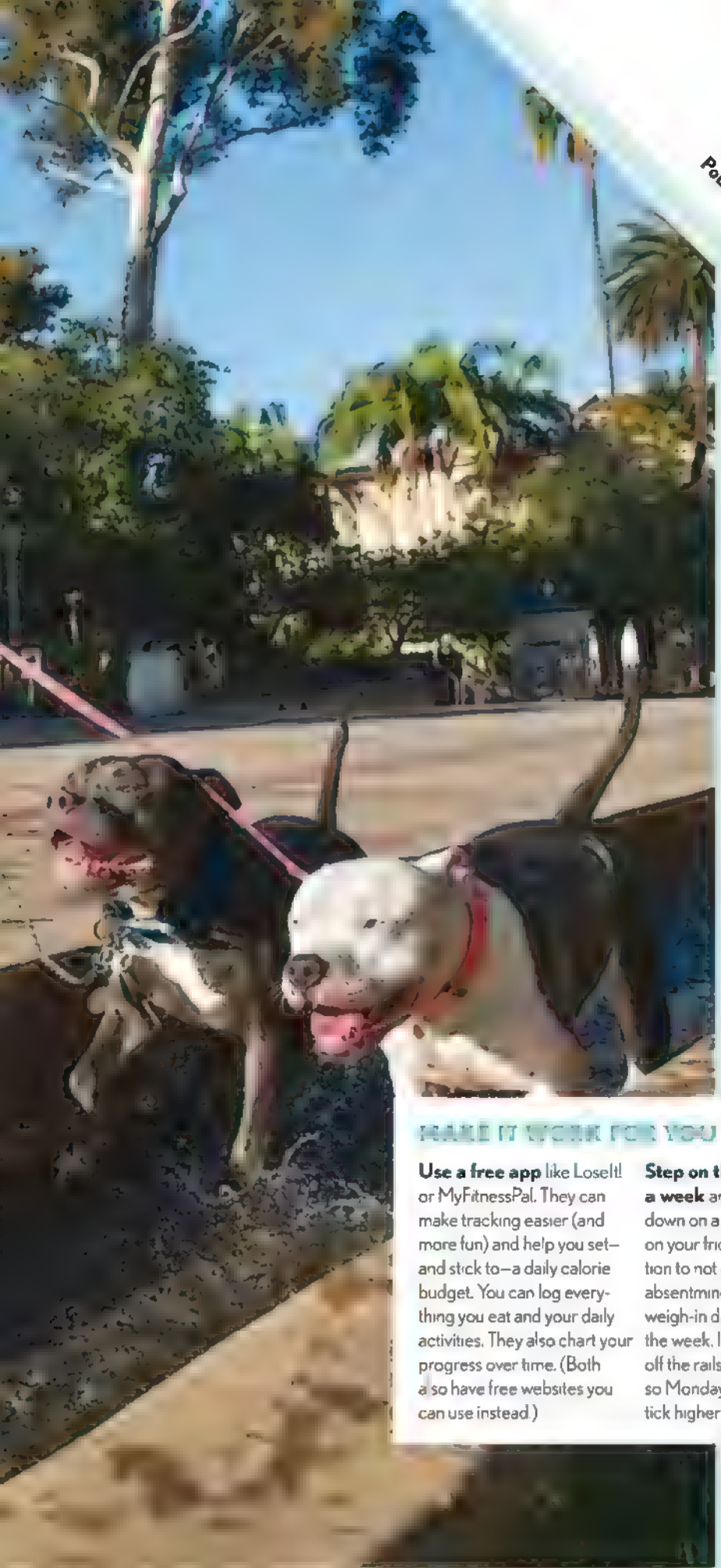
Are you looking to lose a fe[illegible]

Jim Romanoff [illegible]

[illegible] weigh[illegible] you [illegible]

the occupational hazard of having great things to eat [illegible]

[illegible]day and [illegible]ean embarrassing—[illegible]nterested in this newly minted *EatingWell* Slim-Down Challenge to join him. The re[illegible]nse was astounding: more than 5,000 people signed on in only a few days to cook, sweat, inspire, commiserate and sing each other's praises (lots of exclamation points and love on that page!). Did Romanoff reach his goal? Yes, we're happy to say he did. But he and the others also learned so much more along the way—about the real secrets to losing weight, and about themselves—than they ever imagined. We'll let them explain. We hope their success inspires you to make some for-the-better changes—and start this year healthier than you left the last one. (You can also take the *EatingWell* Slim-Down Challenge, which we're re-starting on Facebook January 5.)



## "TRACK YOURSELF"

**Miko Radcliffe, 45**
San Diego, CA
**Pounds Lost: 16**

Miko Radcliffe's resolve to slim down started with a picture: "I came across a photograph of myself and was completely shocked by what I saw. I knew I needed to lose weight, but looking at that photo transformed the image I had in my own head from being 'cute pudgy' to 'fat out fat.'" Radcliffe set her goal and printed out her tracking sheet—which *EatingWell* designed for the Slim-Down Challenge group—logging her weight, calories, exercise and how she felt each day. She tacked it right above her computer screen, within easy eyeshot all day—and that's what kept her going. "Having those numbers in front of me really helped because I could see an entire month at a time and look at how my weight was dropping overall—even if that week it hadn't," she says. "It was also empowering to see all the exercise I'd been getting, and helped me right any mistakes. If I saw that I was 300 calories over my 1,500-calorie limit, I'd take the dogs for a 5-mile walk instead of 2." Her success has literally been contagious. After seeing Radcliffe's body changing, her 19-year-old son followed her lead and dropped 35 pounds from his 300-pound frame. "He's been biking in the morning and asking me what to eat," she says. "I couldn't be more proud."

### MAKE IT WORK FOR YOU

**Use a free app** like LoseIt! or MyFitnessPal. They can make tracking easier (and more fun) and help you set—and stick to—a daily calorie budget. You can log everything you eat and your daily activities. They also chart your progress over time. (Both also have free websites you can use instead.)

**Step on the scale once a week** and jot the number down on a calendar posted on your fridge—extra motivation to not open the door and absentmindedly eat. Pick a weigh-in day in the middle of the week. It's easy to go a *little* off the rails on the weekend, so Monday's weight may be a tick higher than it really is.

**Take before, during and after photos.** It's a visual way to track your progress that was a huge source of inspiration for people on the Challenge. Because, often, losing weight is like watching your kids grow—you don't notice changes day-to-day, but when you see a picture from six months ago, it's like, wow!

PHOTO BY FRED GREAVES

## Go Public With Your Goals

**Jim Romanoff, 52**
South Burlington, VT
**Pounds Lost:**

Romanoff created our Facebook group hoping to inspire others—and show them by example that you can lose weight without eating diet food. "But the support I got back amazed me," he says. "People cheered me on every We gh-in Wednesday, wh ch was so motivat ng. It gave me a real sense of accountability. Even when I'd post about something frustrating—like when I went to a BBQ and had to limit myself to 2 ribs, when I'd usually eat half a rack—immediately 50 people commented, thanking me for my honesty or posting motivational quotes. It was so inspiring to have that kinship." It even helped him bust through a serious p ateau. "The last 6 pounds seemed impossible to lose, and I felt like I was doing all the right things: counting calories (something my job has made me very good at) and doing cardio every day," says Romanoff. "I complained about it to some co-workers and they said, 'You need to strength train to add muscle, which will up the number of calories you burn each day.'" So he added push-ups, lunges, squats and core exercises like planks to his workouts (obl gingly, though begrudgingly). It worked. "I'm such a believer that making lifestyle changes like this works so much better when you involve other people. A little bit of it is telling on yourself. A l ttle is being buoyed by other people."

**Tell your friends and family.** Sharing your goal with people who will cheer you on is incredibly motivating and makes you accountable. Set a reasonable, concrete deadline—and share it with everyone—so you can't procrastinate.

**Get a weight-loss pal.** A Brown University study found that dieters who linked up with a companion (who also lost weight) lost twice as much as those who went it alone. Can't find a pal? Sites like *weightlossbuddy.com* will pair you with one.

**Bet on it.** Wagering on your weight-loss success through a website like *DietBet.com* may seem like a kooky concept, but a recent study found that people who did lost 5 percent of their body weight and won around $60 in four weeks.

PHOTO BY JEB WALLACE BRODEUR

## "MAKE A PLAN"

**Emily Bielinski, 27**
**Watertown, WI**
**Pounds Lost: 8**

In 2012, Bielinski's mother had emergency heart surgery when her doctor discovered that one of her arteries was 90 percent blocked. The next year, her uncle passed away from heart problems at 49. "It really opened my eyes to making sure I took care of myself—and begin making better choices," she says. "I was eating out every night and had gotten into an exercise slump." Bielinski started cooking hea thy meals at home and, by the time she came to the Challenge, she had already dropped 40 pounds. "But I was gaining some of the weight back. I joined to keep myself accountable," she says. She also knew she needed to lock herself into a regular fitness routine, so she hired a trainer, who encouraged her to sign up for a 5K race. "I teach Kindergarten, so I am good with structured programs. I made a plan to run 2 to 3 days a week outside and my trainer helped me build endurance by strength and cross training." The scale needle began dropping again. She also set other goals for herself. To get more veggies in her diet, for example, she literally taped a line across half her plate and filled t with salad or Brussels sprouts. "The pounds fell off," she says. "I couldn't believe it when I weighed in that final time. I feel so great and energized right now, and I just finished my second half marathon!"

### [illegible]

**Think small.** Break down your big goals into stepping-stone-sized ones. It makes them more tangible—plus, you can check off ittle successes along the way. Rather than, say, pledging to exercise more, s gn up for a cycling club or a 6-week bootcamp.

**Plan out your meals and snacks for the week on Sunday.** If you fail to plan, you plan to fail—and that's when the Kung Pao and p zza appear on your table. If that feels daunting, we can help turn to page 62 for a 6-day meal plan

PHOTO BY ER CH SCHROEDER

# "PORTION IT OUT"

**Megan Blake, 35**
*Buffalo, NY*
**Pounds Lost: 70**

After having two kids, now 3 and 1, Blake found herself up 30 pounds from her pre-pregnancy weight—and sliding into some not-so-healthy habits. "More often than not, I found myself going through the drive-thru. Even when I did make healthy meals at home, my portions were always out of control. I felt like if I didn't load up, I'd be hungry later," she says. "And I didn't exercise much because every time I'd go jogging my joints would hurt and everything would feel like it was jiggling." What helped Blake stick with her weight-loss plan? Her son and daughter. "My mom struggled with weight my entire life and I didn't want my kids to see that. I knew I needed to be a good role model and impart healthy eating habits," she says. For starters, she ditched the drive-thru, swapping her usual morning bacon-egg and-cheese sandwich or giant muffin for peanut butter and banana on toast at home. Blake also cut out processed foods and prepped portion-controlled meals and snacks to bring to work—rather than eating lunch out. "And I made myself a deal that if I genuinely felt hungry after a meal, I could have some fruit or veggies. It kept me from overstuffing myself and also helped me realize that I usually don't want more—even with the smaller portions." Blake also started walking, until she felt comfortable enough to run again. "I decided: No more excuses. I stopped listening to the 'I can't' inside my head, and I'm amazed at how strong my body is now."

## MAKE IT WORK FOR YOU

**Measure everything** you eat for a few days to learn what 3 ounces of chicken looks like or ½ cup of rice. Two worthy investments: Portion Master Skinny Plate, which dishes out the right serving sizes ($16, *amazon.com*) and a kitchen scale, like Salter's Book Shelf Scale ($50, *Williams-Sonoma.com*). Recheck yourself occasionally to make sure your eyeballed portions haven't crept up.

**Cook just what you'll eat.** This was key for Blake: "Then I didn't have any tempting leftovers to dive into." It's also OK to leave the table a little hungry. Otherwise, you risk walking away stuffed.

PHOTO BY SCOTT GABLE

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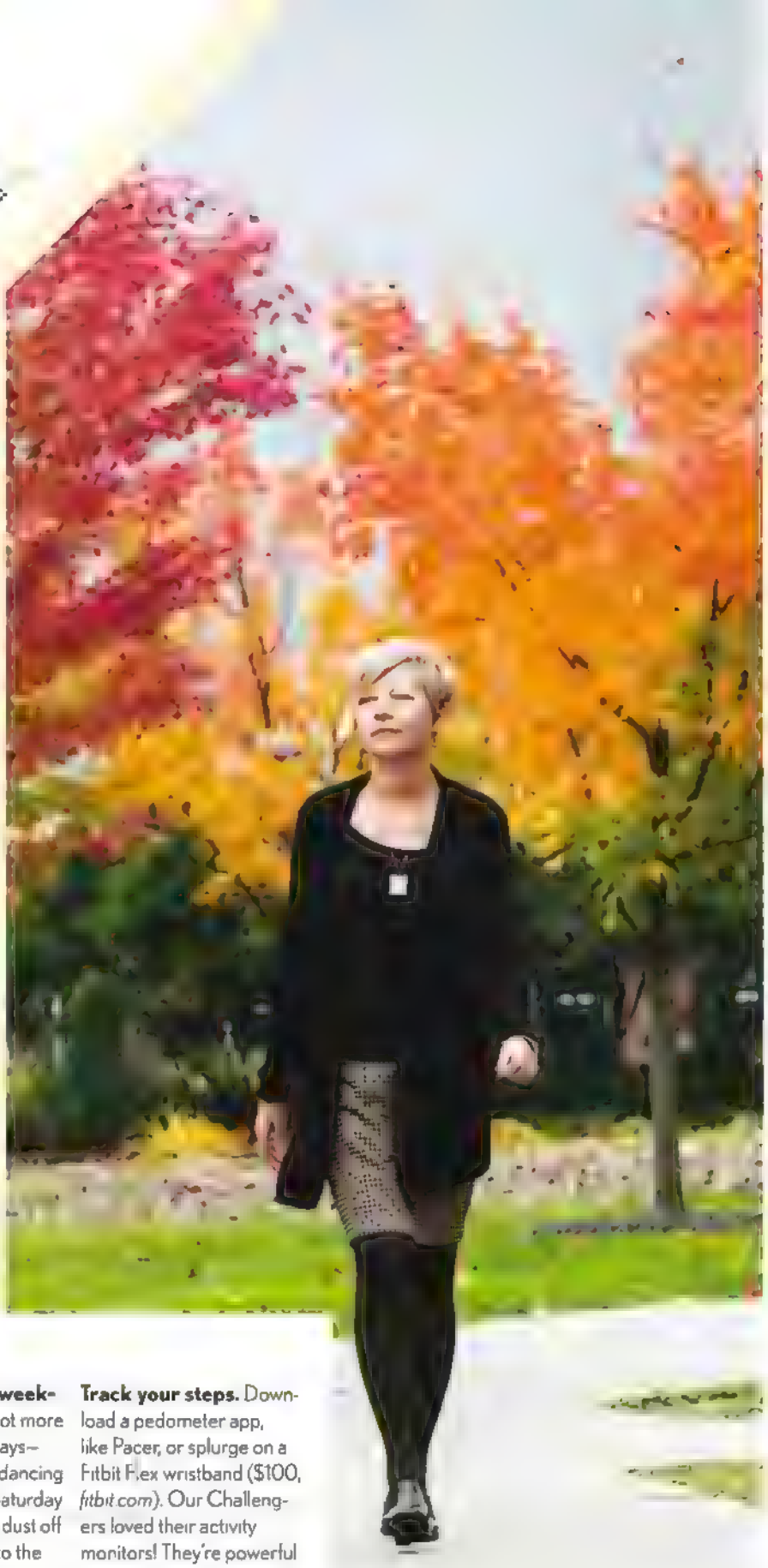
## Kathy Spicer, 50
North Canton, OH
**Pounds Lost:**



Sometimes, life just happens. And last spring, it happened to Spicer. "I was working on this huge project at work and pulling long hours at my desk in a very high-pressure situation—which led to a perfect storm of unhealthy stress eating and no opportun ty to exercise," she says. Spicer put on 14 pounds over the course of those three months. But the Challenge got her back on track. "Seeing how motivated other people were—especially with their exercise—real y inspired me, because that's my weak point," says Spicer. "Peop e would post things like, 'Let's exercise! What are you going to do today?' It was like a call to action for me." She found l ttle windows in her day when she could get moving—during her lunch break and right after work—and recommitted to walking every day. "Whenever I felt my motivation flagging, I'd rem nd myself how much I enjoy getting out and walk ng and how good it feels—regardless of the weight-loss part of it," says Spicer "It's so important for my peace of mind and stress relief." And she and her sis-ter (who also slimmed down over the course of the Challenge) made a pact. "If e ther one of us gains 5 pounds, we have to get right back on it before it snowballs and becomes 10 or 15, l ke it did with me. And we check in with each other regularly, because I am not going to let that happen again."

**Slip in a mini workout before work.** Walk to the train stop or bike to the office, instead of driving. Or get into work early and use that extra time to hoof it around outside.

**Be active on the weekend.** You've like y got more time on those two days—capitalize on it! Go dancing for a few hours on Saturday night, take a hike or dust off your skis and head to the mountain on Sunday.

**Track your steps.** Download a pedometer app, like Pacer, or splurge on a Fitbit Flex wristband ($100, *fitbit.com*). Our Challengers loved their activity monitors! They're powerful move-more motivators.

PHOTO BY KEN BLAZE PHOTOGRAPHY

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# LOSE IT FOREVER
## 1,500-CALORIE MEAL PLAN

Count calories 6 days a week, then take a day off (within reason)—that's Jim Romanoff's slim-down philosophy (page 56). Follow his lead and jump-start your diet with this plan.
By Karen Ansel, M.S., R.D.N., & the EatingWell Test Kitchen

### DAY 1

**Breakfast** // *Calories: 400*
Sprouted-grain toast with almond butter, maple syrup & pear: Spread 2 Tbsp. almond butter on 1 slice toasted sprouted-whole-grain bread. Drizzle with ½ tsp. maple syrup. Top with ½ sliced pear
+ Café au lait: Warm ¾ cup skim milk in microwave for 45 seconds. Mix with ¾ cup brewed coffee.

**Snack** // *Calories: 110*
Protein Power Snack *(page 18)*

**Lunch** // *Calories: 405*
Chickpea, veggie, feta salad: Toss ½ cup canned chickpeas (rinsed) with ¼ chopped cucumber, ½ cup chopped tomatoes, 2 sliced radishes, 1 Tbsp. chopped fresh chives, 1 Tbsp. each red-wine vinegar and extra-virgin olive oil. Top with 1 Tbsp. crumbled feta cheese.
+ 6 oz. nonfat plain yogurt with ½ cup sliced strawberries

**Snack** // *Calories: 99*
Quick Quesadilla *(page 19)*

**Dinner** // *Calories: 492*
Turkey Taco Lettuce Wraps *(page 64)*

### DAY 2

**Breakfast** // *Calories: 406*
Kale, egg & Cheddar sandwich: Sauté ¾ cup kale in 1 tsp. butter. Set aside. Add 1 large egg to pan and fry. Top 1 toasted sprouted whole-grain English muffin with kale, egg and 1 Tbsp. shredded Cheddar cheese.
+ ¾ cup calcium-fortified orange juice

**Snack** // *Calories: 99*
Quick Quesadilla *(page 19)*

**Lunch** // *Calories: 402*
Tuna, carrot, apple sandwich: Mix 3 oz. canned light tuna with ¼ cup grated carrot, ½ chopped apple, 1 Tbsp. light mayonnaise and 1 tsp. honey mustard. Serve on 1 whole-wheat sandwich thin.
+ 1 medium red bell pepper, sliced
+ Green tea latte: Microwave ¾ cup skim milk for 45 seconds. Mix with ¾ cup green tea and 1 tsp. honey.

**Snack** // *Calories: 93*
Ham Pinwheels *(page 19)*

**Dinner** // *Calories: 495*
Soy-Marinated Flank Steak with Soba Noodles *(page 64)*

### DAY 3

**Breakfast** // *Calories: 391*
English muffin & avocado breakfast sandwich: Top 1 toasted whole-wheat English muffin with 1 thin slice Swiss cheese, ¼ sliced avocado, 2 tomato slices and a drizzle of hot sauce (see *page 101 for some of our recommendations*).
+ Mocha latte: Warm ½ cup skim milk in the microwave for 1 minute. Mix with ½ cup brewed coffee and 1 tsp. each sugar and unsweetened cocoa powder.

**Snack** // *Calories: 112*
Nutty Rice Cake *(page 19)*

**Lunch** // *Calories: 398*
Bok choy chicken salad: Toss 3 cups shredded bok choy with 3 oz. skinless roasted chicken breast (store-bought or leftover), 2 clementines (sectioned), 1 sliced scallion, 1½ Tbsp. chopped peanuts and 2 Tbsp. Orange-Ginger Vinaigrette *(eatingwell.com)*.

**Snack** // *Calories: 93*
Ham Pinwheels *(page 19)*

**Dinner** // *Calories: 498*
Orange-&-Pistachio Crusted Pork Tenderloin *(page 64)*

PHOTOGRAPHY HELEN NORMAN
FOOD STYLING BILL SCEPANSKY

*We've done all the math for you—not just calories, but for other key nutrients like fiber, sodium and calcium.*

## DAY 4

**Breakfast** // *Calories: 392*
Coconut Chai-Spice Oatmeal *(page 52)*
+ 6 oz. nonfat plain yogurt with ½ cup sliced strawberries and 1 tsp. chopped walnuts

**Snack** // *Calories: 108*
Veggie Juice & Cheese Stick *(page 18)*

**Lunch** // *Calories: 404*
Spicy black bean burger: Whisk 1 Tbsp. light mayonnaise with a dash of hot sauce. Spread on 1 whole-wheat hamburger bun. Cook 1 black bean burger (such as Morningstar Farms) in a nonstick pan. Top bun with burger, ¼ sliced avocado, 2 tomato slices, lettuce.
+ 1 kiwi

**Snack** // *Calories: 104*
Strawberry Ice Cream Grahamwich *(page 18)*

**Dinner** // *Calories: 501*
Roasted Pepper-&-Cheese Stuffed Chicken *(page 64)*

## DAY 5

**Breakfast** // *Calories: 395*
Whole-grain waffles with ricotta & berries: Microwave ¾ cup raspberries (frozen or fresh) for 1 minute. Toast 2 whole-grain waffles. Top each with half the berries, 3 Tbsp. part-skim ricotta and ½ tsp. honey

**Snack** // *Calories: 108*
Veggie Juice & Cheese Stick *(page 18)*

**Lunch** // *Calories: 404*
Pinto bean tacos: Toss ⅓ cup canned pinto beans (rinsed) with ¼ cup chopped tomatoes, 3 Tbsp. thawed frozen corn, 1 Tbsp. each red onion and cilantro, 2 tsp. lime juice, 1 tsp. olive oil and 1 pinch chili powder. Divide between two 6-inch corn tortillas and top each with ½ Tbsp. shredded Cheddar cheese.
+ 6 oz. nonfat vanilla Greek yogurt

**Snack** // *Calories: 104*
Strawberry Ice Cream Grahamwich *(page 18)*

**Dinner** // *Calories: 499*
Salmon with Roasted Vegetables & Quinoa *(page 64)*

## DAY 6

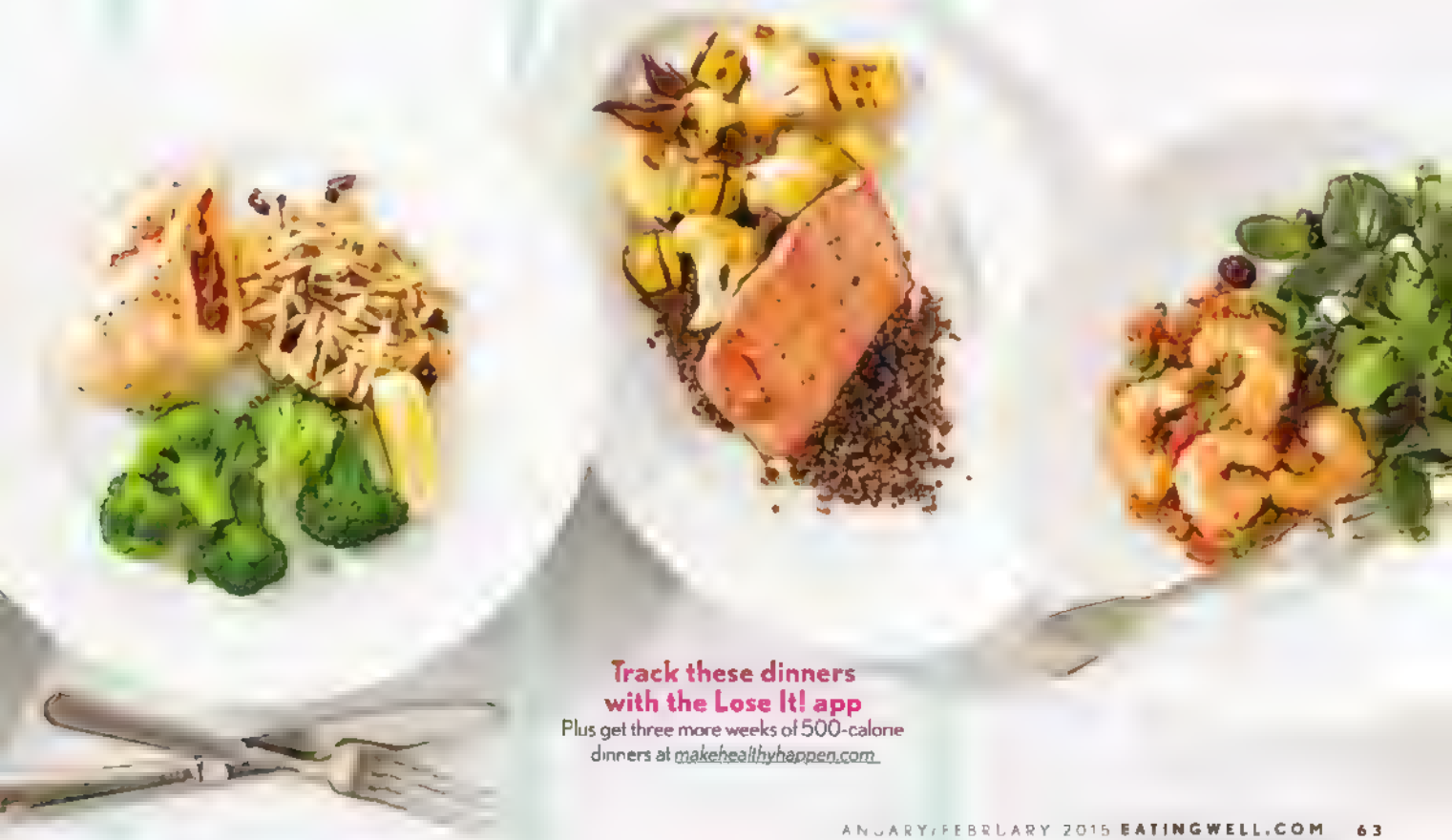
**Breakfast** // *Calories: 393*
Shredded wheat with figs & almonds: Pour ¾ cup skim milk over 1 cup shredded wheat. Top with 3 chopped dried figs and 2 Tbsp slivered almonds.

**Snack** // *Calories: 95*
DIY Chocolate-Covered Pretzels *(page 19)*

**Lunch** // *Calories: 408*
Whole-wheat pizza: Split a 2½-inch piece of whole-wheat baguette; top with ¼ cup marinara sauce, ¼ cup shredded mozzarella, 1 tsp chopped fresh basil and 1 chopped Kalamata olive.
+ Kale salad: Toss 2 cups chopped kale with 1 Tbsp. tart dried cherries and 2 tsp. each extra-virgin olive oil and balsamic vinegar.

**Snack** // *Calories: 110*
Protein Power Snack *(page 18)*

**Dinner** // *Calories: 501*
Shrimp, Ham & Pepper Couscous *(page 64)*



**Track these dinners with the Lose It! app**
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## DAY 1: TURKEY TACO LETTUCE WRAPS

**ACTIVE:** 20 MIN. **TOTAL:** 35 MIN.

**1.** Heat 2 Tbsp. extra-virgin **olive oil** in a large nonstick skillet over medium heat. Add 1 lb. 93%-lean **ground turkey**, 1 finely chopped medium **onion**, 1 finely chopped small **red bell pepper**, 2 Tbsp. **chili powder**, 1 tsp. ground **cumin**, ½ tsp. **garlic powder**, ½ tsp. **salt** and ¼ tsp. **cayenne**; cook, stirring, until the turkey is cooked through, 5 to 8 minutes. Add 1 cup canned **black beans** (rinsed) and cook until heated through, about 2 minutes.

**2.** Serve the taco filling with 2 cups cooked **brown basmati rice**, 12 **Boston lettuce leaves** (for the wraps), ½ cup prepared **guacamole** and ½ cup reduced-fat **sour cream**.

**SERVES 4:** 1 CUP TACO FILLING, 3 LETTUCE LEAVES, ½ CUP RICE, 2 TBSP. GUACAMOLE & 2 TBSP. SOUR CREAM EACH

## DAY 2: SOY-MARINATED FLANK STEAK WITH SOBA NOODLES

**ACTIVE:** 35 MIN. **TOTAL:** 50 MIN.

**1.** Combine 2 Tbsp. each reduced-sodium **soy sauce** and **lime juice** with 1 Tbsp. each packed **brown sugar**, minced **garlic** and fresh **ginger** in a large sealable plastic bag. Trim 1 lb. **flank steak** and slice crosswise into ½-inch strips (*see Tip, page 101*). Add to the bag and marinate at room temperature for 30 minutes or refrigerate for up to 8 hours.

**2.** Meanwhile, cook 8 oz. **buckwheat soba noodles** in a pot of boiling water according to package instructions. Add one 12-oz. package **broccoli slaw** during the last minute of cooking. Drain; rinse with cold water. Toss in a bowl with 1 Tbsp. each reduced-sodium **soy sauce**, **toasted sesame oil** and **toasted sesame seeds**.

**3.** Heat 1½ tsp. **peanut oil** in a flat-bottom carbon-steel wok over high heat. Remove half the steak from the marinade and cook, stirring frequently, until desired doneness, 2 to 4 minutes. Reduce heat to medium-high and repeat with another 1½ tsp. oil and the remaining steak. Serve the steak with the noodles.

**SERVES 4:** 3 OZ. STEAK & 1½ CUPS NOODLES EACH

## DAY 3: ORANGE-&-PISTACHIO CRUSTED PORK TENDERLOIN

**ACTIVE:** 35 MIN. **TOTAL:** 50 MIN.

**1.** Bring 3 cups **water**, ½ cup each **pearl barley** and **wild rice** and ¼ tsp. **salt** to a boil in a large saucepan. Cover, reduce heat and simmer until just tender, 35 to 45 minutes. Drain.

**2.** Meanwhile, pulse ⅓ cup toasted shelled **pistachios** and 2 large minced **garlic** cloves in a mini food processor until finely chopped.

**3.** Preheat oven to 450°F.

**4.** Season 1 lb. **pork tenderloin** with ¼ tsp. each **salt** and **pepper**. Heat 1 Tbsp. extra-virgin **olive oil** in a large ovenproof skillet over medium-high heat; brown the pork on all sides, 4 to 6 minutes. Remove from heat. Brush the pork with 3 Tbsp. **orange marmalade** and top with the pistachio mixture.

**5.** Transfer the skillet to the oven and bake on the center rack until an instant-read thermometer registers 145°F, 12 to 16 minutes. Remove the pork to a clean cutting board and let rest.

**6.** Meanwhile, toss 1½ lbs. **green beans** on a rimmed baking sheet with 1 Tbsp. **olive oil**, 2 tsp. **lemon zest** and ¼ tsp. each **salt** and **pepper**. Roast on the lower rack until tender-crisp, about 10 minutes.

**7.** Slice the pork carefully to help keep the crust on; serve with the barley-rice blend and the green beans.

**SERVES 4:** 3 OZ. PORK, ¾ CUP GRAIN & 1 CUP GREEN BEANS EACH

## DAY 4: ROASTED PEPPER-&-CHEESE STUFFED CHICKEN

**ACTIVE:** 40 MIN. **TOTAL:** 40 MIN.

**1.** Preheat oven to 425°F.

**2.** Combine ⅓ cup chopped jarred **roasted red peppers** (rinsed) and ¼ cup shredded **provolone** cheese in a small bowl. Cut a horizontal slit along the thin, long edge of two 8-oz. boneless, skinless **chicken breasts** nearly through to the opposite side. Season with ½ tsp. each dried **oregano**, **salt** and **pepper**. Stuff each chicken breast with half of the cheese mixture and press the edges together to seal. Place the chicken in an 8-inch-square baking dish coated with **cooking spray** and drizzle with 1 Tbsp. extra-virgin **olive oil**.

**3.** Bake the chicken until an instant-read thermometer registers 165°F, 20 to 25 minutes.

**4.** Meanwhile, toss 2 cups cooked **whole-wheat orzo** with ¼ cup chopped **Kalamata olives**, 1 Tbsp. **olive oil** and ¼ tsp. **pepper**.

**5.** Steam 5 cups **broccoli** florets until just tender, 4 to 5 minutes; toss with 2 Tbsp. **butter**.

**6.** Serve the chicken, orzo and broccoli with **lemon wedges**, if desired.

**SERVES 4:** ½ CHICKEN BREAST, ½ CUP ORZO & ABOUT 1¼ CUPS BROCCOLI EACH

## DAY 5: SALMON WITH ROASTED VEGETABLES & QUINOA

**ACTIVE:** 25 MIN. **TOTAL:** 50 MIN.

**1.** Preheat oven to 425°F.

**2.** Halve and seed 1 pound **delicata squash**, cut into 1-inch pieces. Toss with 4 cups **cauliflower** florets, 6 small **shallots** (quartered), 2 Tbsp. extra-virgin **olive oil** and ¼ tsp. each **salt** and **pepper** on a large rimmed baking sheet. Roast until nearly tender, 20 to 25 minutes.

**3.** Move vegetables to one side and place 4 portions **wild Alaskan salmon fillet** (1 lb. skinned, *see Tip, page 101*) on the empty side. Lightly coat the salmon with olive or canola oil **cooking spray** and season with ¼ tsp. each **salt** and **pepper**. Roast until opaque in the middle, 4 to 6 minutes.

**4.** Meanwhile, combine 3 Tbsp. **lemon juice**, 2 Tbsp. **maple syrup**, 1 Tbsp. **olive oil** and ¼ tsp. **salt** in a small bowl. Serve the salmon, vegetables and 2 cups cooked **quinoa** drizzled with the dressing and topped with ¼ cup toasted chopped **walnuts**.

**SERVES 4:** 3 OZ. SALMON, 1 CUP VEGETABLES & ½ CUP QUINOA EACH

## DAY 6: SHRIMP, HAM & PEPPER COUSCOUS

**ACTIVE:** 45 MIN. **TOTAL:** 45 MIN.

**1.** Heat 1 Tbsp. extra-virgin **olive oil** in a large skillet over medium heat. Add 3 oz. diced **ham**, 1 diced medium **red bell pepper** and 1 diced small **onion**; cook, stirring, until the vegetables soften, about 4 minutes. Add 3 large minced **garlic** cloves, ½ tsp. each **smoked paprika**, **fennel seed** and **pepper** and ¼ tsp. **salt**, cook, stirring constantly, until fragrant, about 2 minutes. Stir in 1 cup no-salt-added **diced tomatoes** (with juice) and ¼ cup **water**. Bring to a simmer; cover and cook for 2 minutes. Stir in 1 lb. peeled and deveined raw **shrimp** (*see Tip, page 101*) and ½ cup frozen **peas** (thawed); cook, uncovered, stirring occasionally, until the shrimp are opaque, 2 to 4 minutes. Stir in ½ cup **whole-wheat couscous**. Cover, remove from heat and let stand for 5 minutes; fluff.

**2.** Meanwhile, whisk 3 Tbsp. **olive oil**, 2 Tbsp. **sherry vinegar** and ⅛ tsp. each **salt** and **pepper** in a large bowl. Add 8 cups **mixed greens**; toss to coat. Top with ⅓ cup each crumbled **feta cheese** and **slivered almonds** and ¼ cup **dried cranberries**.

**3.** Serve the couscous with the salad.

**SERVES 4:** 1 CUP COUSCOUS & 1½ CUPS SALAD EACH

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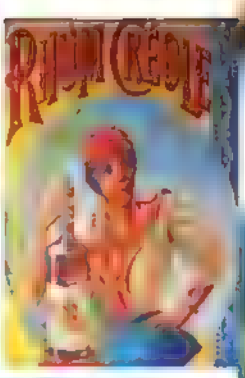
# Magnifique Martinique!

## This winter, escape to this tropical outpost by bringing its French-meets-Caribbean cooking into your own kitchen

*By* KATHY GUNST

At certain point when you're on the island of Martinique you have to leave the beach. For me, it is just past noon, when the intensity of the early afternoon sun says the only sensible thing to do is seek shade. That's when it's time to think about lunch. The midday meal is serious business here. After all, Martinique is part of France.

At Il Sable, overlooking the crescent beach and harbor at Les Anses-d'Arlet, our lunch starts with the house drink of homemade ginger-hibiscus syrup mixed with Champagne. Next come delicately steamed haricots verts topped with a poached egg and a Parmesan flan. Grilled dorado is seasoned with locally grown limes, coconut milk and a touch of grated nutmeg.



"At each stop we feel compelled to try the island drink

Around the island, from tiny seafood huts to the most sophisticated restaurants, you'll taste Martinique's unique brand of Creole. It pairs the African influence you taste all over the Caribbean with a heavy dose of French culinary technique.

It is Carnival week, a big draw on the island, and there is joyful festivity everywhere. Vendors line the street, making hot crepes to order wrapped around melted dark chocolate or Gruyère cheese. There are kebab sticks threaded with pineapple and bananas and deep-fried seafood fritters. Children line up sidewalk-deep for candy and chocolates that are tossed into the crowds. The drunken insanity kicks in much later at night, after the families and tourists have gone home.

My husband, John, and I decided to visit Martinique to improve our rather pedestrian French (hardly anyone there speaks English), find some sun (it has been a bitter cold New England winter) and eat well. Besides the excitement of Carnival, there's enough to see around La Prairie in the southeastern part of the island that we don't feel the need to go too far afield.

We spend our time exploring new beaches every day. We find open-air spice markets selling nutmeg, cinnamon sticks, chile peppers, pink, white and black peppercorns, vanilla beans and ginger, all grown on the island. These spices appear in the Creole-inspired cuisine we discover everywhere. Fresh fish in a Creole sauce has a bite of nutmeg and ginger; stewed chicken dishes served over rice with fried plantains hint at chile and cinnamon. At each stop we feel compelled to try the island drink called 'ti punch. In most places it's a DIY affair: you get a glass of ice, a bottle of local rum, a lime cut into wedges and a small carafe of cane syrup. Mix your own.

When we get back to iced in New England I experiment with a Creole sauce to spoon on top of sautéed fish and shrimp and create an island-inspired salad using fresh citrus, coconut and pineapple. I take out the cinnamon sticks and nutmeg I brought back and add them to a marinade for chicken. And for dessert I flambé bananas with my favorite Martinique rum to make Bananas Foster. I can almost feel the island sun on my skin once more despite the chill outside.

**KATHY GUNST** *is a cookbook author and resident chef on NPR's* Here & Now.

**RUM RULES**
Fields of sugarcane [illegible] on the island. Rums [illegible] range in color, light [illegible] distilled from pure cane juice and dark from caramelized sugar. Aging in oak barrels also adds to the darkness. Martinique's most prized rums are dark and intensely flavored, but locals often infuse light varieties with fresh tropical fruits.

*Food photography by* Andrew Scrivani
*Styling: Marina Tinkle & Soo Jeong Kang*

## FISH WITH COCONUT-SHALLOT SAUCE PHOTO ON PAGE 1

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Fresh fish in simple sauces with a French twist is common all over Martinique.*

- 3 large cloves garlic, chopped
- ¾ teaspoon kosher salt, divided
- 2 tablespoons extra-virgin olive oil, divided
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- ¼ teaspoon ground pepper, plus more to taste
- 1¼ pounds mahi-mahi, red snapper or grouper *(see Tip, page 101)*, skinned and cut into 4 portions
- 2 tablespoons finely chopped shallot
- 1 cup "lite" coconut milk
- ¼ cup unsweetened coconut chips *(see Tip, page 74)*, toasted
- Lime wedges for serving

**1.** Position rack in upper third of oven; preheat broiler to high. Line a baking sheet or broiler pan with foil and coat with cooking spray.

**2.** Mash garlic and ½ teaspoon salt on a cutting board with a fork to make a thick paste. Combine with 1 tablespoon oil, thyme and ¼ teaspoon pepper. Place the fish on the prepared pan and spread the paste on top of it.

**3.** Heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Add shallot and cook, stirring, for 30 seconds. Add coconut milk, increase heat to medium-high and bring to a simmer. Reduce heat to medium-low and simmer until reduced to ¾ cup, about 6 minutes. Season with the remaining ¼ teaspoon salt and pepper to taste.

**4.** Meanwhile, broil the fish until just cooked through, 6 to 8 minutes. Spoon the sauce on top, sprinkle with coconut and serve with lime.

**SERVES 4:** 4 OZ. FISH & 3 TBSP. SAUCE EACH

**Calories** 270, **Fat** 15g (sat 7g), **Cholesterol** 103mg, **Carbs** 7g, **Total sugars** 2g (added 0g), **Protein** 28g, **Fiber** 1g, **Sodium** 351mg, **Potassium** 643mg

[illegible]

**AL:** 10 MIN

*[illegible]nch (as in petit, pe[illegible]*

*[illegible]erved deconstructed s[illegible]*

*[illegible]e their drink as they like.*

*[illegible] recipe makes a not-too-strong version. Alter it as you wish.*

Fill 4 rocks glasses with ice cubes. Add 2 tsp. **simple syrup** *(eatingwell.com/webextra)*, 3 Tbsp. dark or light **rum** and 1 tsp. **lime juice** to each glass. Stir vigorously. Add more simple syrup and/or lime juice to taste. Garnish with a slice of lime.

**SERVES 4:** ABOUT 2 OZ. EACH

*(Analysis on page 102.)*

## SAUTÉED SNAPPER & SHRIMP WITH CREOLE SAUCE

**ACTIVE:** 1 HR **TOTAL:** 1 HR

**TO MAKE AHEAD:** Prepare sauce (Steps 1-2) up to 2 days ahead. Reheat for Step 3.

*Versions of Creole sauce throughout the Caribbean almost always use onion, garlic, tomatoes and hot chiles. This version also adds celery, bell pepper, wine and shrimp shells for rich flavor.*

- 12 raw shrimp (16-20 per pound; see Tip page 101), shell-on
- 4 tablespoons extra-virgin olive oil, divided
- 1 medium onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 stalk celery, finely chopped
- 1 small red bell pepper, finely chopped
- ½ small fresh chile pepper, chopped
- 2 teaspoons tomato paste
- 2 cups chopped tomatoes, canned or fresh
- 1½ cups water
- ¾ cup dry white wine
- 1½ tablespoons finely chopped fresh thyme
- ¾ teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- ⅓ cup all-purpose flour
- 1½ pounds red snapper, cod or haddock fillet, skinned and cut into 6 portions
- ¼ cup finely chopped scallions

**1.** Peel shrimp (reserving shells) and devein. Discard legs. Set the shrimp aside.

**2.** Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and garlic; cook, stirring occasionally, until barely colored, 4 to 5 minutes. Add celery, bell pepper and chile; cook, stirring occasionally, for 2 minutes. Add the shrimp shells and tomato paste; cook, stirring, until the shells begin to turn pink, about 30 seconds. Add tomatoes, water, wine and thyme; bring to a boil over high heat. Reduce heat and simmer gently, stirring occasionally, for 20 minutes. Remove the shells. Season with ¼ teaspoon each salt and pepper and return to a gentle simmer.

**3.** Whisk flour and ½ teaspoon each salt and pepper in a shallow dish. Lightly dredge fish, shaking off excess flour. Heat 1 tablespoon oil in a large, heavy skillet over medium-high heat. Add half the fish; cook until golden brown, 1 to 2 minutes per side. Transfer to the simmering sauce. Repeat with the remaining 1 tablespoon oil and fish, reducing the heat as needed. Transfer to the sauce. Cook shrimp in the same pan, turning once or twice, until pink and curled, 1 to 2 minutes. Transfer to the sauce; simmer for 5 minutes. Sprinkle with scallions.

**SERVES 6:** 2 SHRIMP, 1 PIECE OF FISH & ½ CUP SAUCE EACH

**Calories** 310, **Fat** 11g (sat 2g), **Cholesterol** 131mg, **Carbs** 11g, **Total sugars** 4g (added 0g), **Protein** 35g, **Fiber** 2g, **Sodium** 362mg, **Potassium** 877mg.

## BANANAS FOSTER

PHOTO ON PAGE 74

**ACTIVE:** 15 MIN **TOTAL:** 15 MIN

*You'll find this classic French banana dessert on restaurant menus around the island. At Le Campêche at the five-star Cap Est Lagoon Resort, they prepare it tableside in a heavy skillet with aged Clement rum, one of the island's best.*

- 1½ tablespoons unsalted butter
- ¼ cup packed light brown sugar
- 2 large firm ripe bananas, halved lengthwise
- 1 vanilla bean, halved lengthwise
- ¼ cup dark or light rum

**1.** Melt butter in a large skillet over medium-low heat. Add sugar and cook, stirring, until

**ISLAND GOLD**

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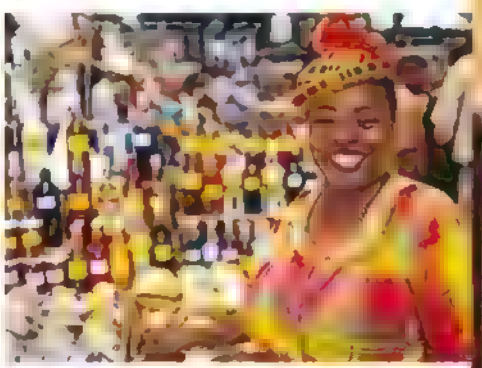
French in 1635

beer a bountiful

"We find open-air spice markets selling nutmeg, chile pe



SPREAD, CLOCKWISE FROM CENTER LEFT: © MARINA RALEVSKI/SHUTTERSTOCK; © FRANCK GUIZIOU/HEMIS/CORBIS; 3): © OWEN FRANKEN/CORBIS; © PACK SHOT/SHUTTERSTOCK

## TRAVEL GUIDE // *Martinique*

**WHERE TO STAY:**

**Le Cap Est Lagoon Resort and Spa** in Le François is a five-star hotel where the clientele is nearly all French. The beach is gorgeous and you'll find casual beachside dining as well as a sophisticated French restaurant. *Standard rooms from about $490.*

**L'Hôtel Frégate Bleue** in Le François offers ocean views and brightly colored Creole-style decorated rooms. *Standard rooms from around $125.*

**WHERE TO EAT:**

Located directly on the Grand Anse D'Arlet beach, **Ti Sable in Les Anses-d'Arlet** is the kind of spot where you can while away an afternoon or, if you're lucky enough to be seated under a cabana, simply take a nap on the upholstered benches. The food is a typical Martinique blend of French cuisine with Creole touches. *Price range: Around $45 per person (without drinks) for appetizer, main course and dessert.*

At **Chez Marie-Alice** in Le Vauclin you'll feel like you're eating in chef Marie-Alice's home kitchen. The ragout of pork, grilled chicken, grilled fish and lobster are the standouts. Don't miss the *flan de coco* for dessert. *Price range. Under $20 per person.*

**Chez Maxoun** in Sainte Marie is a very casual spot where you'll find Creole-style fish with plantains and rice, a bouillabaisse-like stew, salad and a local fruit desserts, all accompanied by ice-cold beer. *Price range: $12-$20.*

wel combined, 1 to 2 minutes. Reduce heat to low and add banana ha ves, cut-side down, cook for 2 minutes. Gently turn the bananas over. Scrape the seeds from the vanilla bean into the sauce, add bean to the pan, cook, stirring for 1 minute.

**2.** Increase heat to high and turn on the stove's exhaust fan. Add rum. Using a potholder or oven mitt and a long match or long lighter, carefully ignite the alcohol. Remove from heat and et the fire subsides. Spoon the sauce over the banana halves, return the pan to medium-low heat and cook for 1 minute more. Serve hot with the sauce spooned over the bananas.

**SERVES 4:** ½ BANANA & 1 TBSP SAUCE EACH **Calories** 175, **Fat** 5g (sat 3g), **Cholesterol** 11mg, **Carbs** 29g, **Total sugars** 22g (added 13g), **Protein** 1g, **Fiber** 2g, **Sodium** 5mg, **Potassium** 263mg

## GREEN SALAD WITH TROPICAL FRUIT

**ACTIVE:** 25 MIN. **TOTAL:** 25 MIN.

*Artichoke-like hearts of palm bring balance to the flavors of this pleasantly sweet tropical fruit salad.*

LIME-MINT VINAIGRETTE

- ¼ cup extra-virgin olive oil
- 2 tablespoons lime juice
- 2 tablespoons chopped fresh mint, plus more for garnish
- ¼ teaspoon salt
- Ground pepper to taste

SALAD

- 2 large grapefruit
- 1 pineapple, peeled, cored and cut into 1-inch pieces (4-5 cups)
- 1 14-ounce can hearts of palm, drained and sliced
- 2 firm ripe bananas, sliced
- 1 large head Boston lettuce, torn
- ¼ cup unsweetened coconut chips, toasted *(see Tip, below)*

**1. To prepare vinaigrette:** Whisk oil, lime juice, 2 tablespoons mint, salt and pepper in a small bowl.

**2. To prepare salad:** Slice both ends off the grapefruit. With a sharp knife, remove the peel and white pith; discard. Working over a medium bowl, cut the segments from their surrounding membranes. Add pineapple, hearts of palm, bananas and 3 tablespoons of the vinaigrette; gently toss to combine.

**3.** Arrange lettuce on a large serving plate or in a shallow serving bowl. Drizzle with the remaining vinaigrette. Arrange the fruit salad over the lettuce and sprinkle with coconut. Garnish with mint, if desired.

**SERVES 8:** ¼ CUP SALAD & 1 CUP LETTUCE EACH **Calories** 158, **Fat** 9g (sat 2g), **Cholesterol** 0mg, **Carbs** 21g, **Total sugars** 13g (added 0g), **Protein** 2g, **Fiber** 3g, **Sodium** 192mg, **Potassium** 360mg

**Tip:** Look for thin flakes of dried unsweetened coconut called coconut chips in the produce section or near other coconut in large supermarkets and natural-foods stores. **To toast:** Place coconut chips or flakes in a small dry skillet over medium-low heat and cook, stirring constantly, until light brown in spots, 4 to 8 minutes.

**ACRES OF GREEN** For a relatively small country, Martinique has a robust farming economy. The island is dotted with sugarcane, banana and coffee plantations. Other produce grown here includes citrus, coconuts, yams, breadfruit, pineapples and fresh herbs.

## BROILED GINGER-LIME CHICKEN

**ACTIVE:** 20 MIN **TOTAL:** 2 HRS 40 MIN (INC. 2 HRS MARINATING TIME)
**TO MAKE AHEAD:** Marinate chicken (Step 2) for up to 1 day

*The spice markets of Martinique overflow with just-harvested cinnamon, nutmeg and fresh ginger. This chicken marinates in a paste of all three.*

- 6 large or 12 small bone-in chicken thighs (2½-3 pounds), skin removed
- ¼ cup finely chopped scallions
- 2 tablespoons finely chopped fresh ginger
- 2 tablespoons canola oil
- 1 tablespoon lime zest
- 2 tablespoons lime juice
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon freshly grated nutmeg
- ⅛ teaspoon cayenne pepper

**1.** Pat chicken dry. Place on the prepared pan, skinned side up. Mix scallions, ginger, oil, lime zest and juice, cinnamon, salt, pepper, nutmeg and cayenne and spread on the chicken. Cover and refrigerate for 2 to 24 hours.
**2.** Line a broiler pan or rimmed baking sheet with foil and coat with cooking spray. Preheat broiler to high.
**3.** Broil the chicken on the pan until an instant-read thermometer inserted in the thickest part registers 165°F, 15 to 25 minutes.

**SERVES 6:** 1 LARGE OR 2 SMALL THIGHS EACH
**Calories** 218, **Fat** 13g (sat 3g), **Cholesterol** 77mg, **Carbs** 3g, **Total sugars** 0g (added 0g), **Protein** 22g, **Fiber** 1g, **Sodium** 453mg, **Potassium** 200mg

## COCONUT-RUM BANANA BREAD

**ACTIVE:** 30 MIN **TOTAL:** 3 ¼ HRS (INC. COOLING)

*Serve this rich bread for breakfast or dessert.*

- ½ cup unsweetened coconut chips *(see Tip, opposite)* or flakes plus 2 tablespoons, divided
- 1½ cups mashed very ripe bananas
- 2 large eggs
- ⅔ cup canola oil or melted coconut oil
- ⅔ cup packed light brown sugar
- ¼ cup dark or light rum or pineapple juice
- 2 tablespoons unsalted butter, melted
- ½ teaspoon pure vanilla extract
- 2 cups white whole-wheat flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- ¾ teaspoon ground ginger

**1.** Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray.
**2.** Toast ½ cup coconut. Whisk bananas, eggs, oil, brown sugar, rum (or juice), butter and vanilla in a large bowl. Fold in toasted coconut. Whisk dry ingredients in another bowl; gently stir into the wet ingredients until just combined. Pour the batter into the pan and sprinkle the 2 tablespoons coconut on top.
**3.** Bake until a toothpick inserted in the center comes out clean, 50 minutes to 1 hour. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

**SERVES 10:** 1 SLICE EACH
**Calories** 384, **Fat** 21g (sat 5g), **Cholesterol** 43mg, **Carbs** 44g, **Total sugars** 20g (added 14g), **Protein** 5g, **Fiber** 4g, **Sodium** 240mg, **Potassium** 237mg

Cocido de Garbanzos, p222

Gather your friends, whether it's for football, après ski or just because. This is *the* way to do a kicked-back weekend get-together.

# Sunday Soups

By Bruce Aidells

Photography by Jim Westphalen

## SLOW-COOKER SPANISH CHICKPEA SOUP

*Cocido de Garbonzos* PHOTO ON PAGE 76

**ACTIVE:** 30 MIN **TOTAL:** 5¼ HRS (PLUS SOAKING TIME)

**TO MAKE AHEAD:** Soak chickpeas up to 1 day ahead. Cover and refrigerate soup for up to 3 days. **EQUIPMENT:** 6-quart (or larger) slow cooker

*Cocido, considered the national dish of Spain, is a hearty stew of assorted meats, chickpeas and vegetables. Each region, family and restaurant has its own variation. My version has enough meat to satisfy the carnivores and enough vegetables to make it healthy. Ask for a 4-ounce slab of Serrano ham or prosciutto at your deli counter instead of buying slices, so your soup will have chunks rather than strips of ham. If you don't have a 6-quart (or larger) slow cooker, opt for the stovetop variation instead.*

- 1 pound dried chickpeas
- 6 chicken drumsticks (about 2 pounds), skin removed
- 1 4-ounce piece Serrano ham or prosciutto, cut into ½-inch cubes
- 4 ounces Spanish-style chorizo, cut into ½-inch rounds
- 8 baby red potatoes, scrubbed and halved
- 1 large leek, white and light green parts, halved and thinly sliced *(see Tip, page 101)*
- 2 medium carrots, cut into ½-inch chunks
- 2 stalks celery, chopped
- 3 large cloves garlic, minced
- 2 bay leaves
- 1 tablespoon chopped fresh oregano
- 1 tablespoon smoked paprika, preferably Pimentón de la Vera
- ½ teaspoon saffron threads or ¼ teaspoon powdered saffron
- 6 cups low-sodium chicken broth or stock *(recipe, page 101)*
- ½ medium cabbage (about 1 pound), cored and cut into 8 wedges
- Ground pepper to taste
- ½ cup chopped fresh parsley

**1.** Soak chickpeas in enough cold water to cover them by 2 inches for at least 12 hours and up to 1 day.

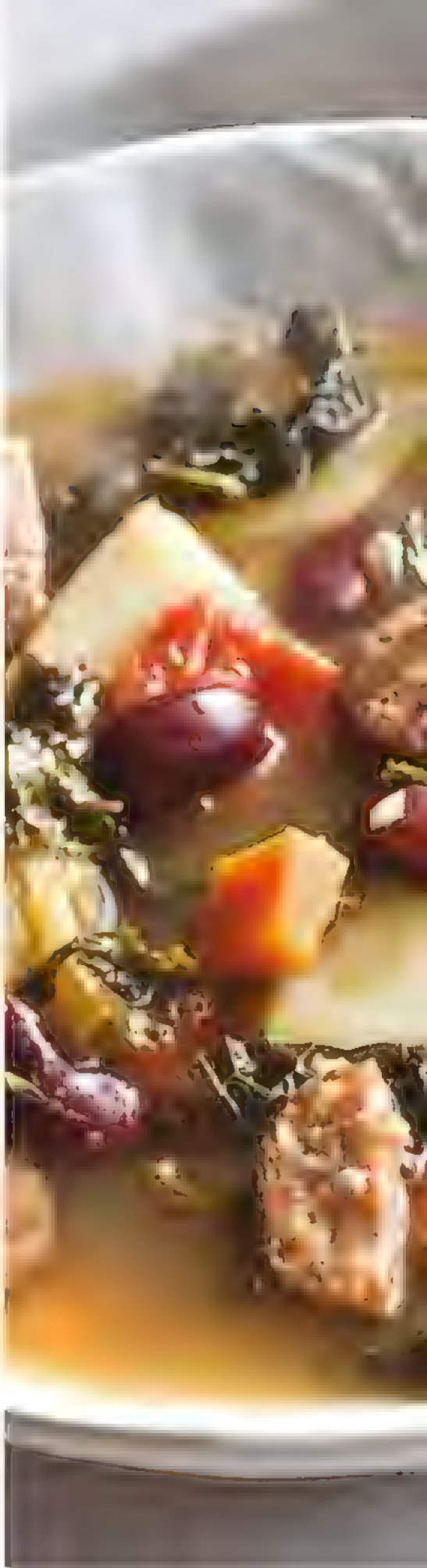
**2.** Place chicken in a 6-quart (or larger) slow cooker. Drain the chickpeas and add along with ham (or prosciutto), chorizo, potatoes, leek, carrots, celery, garlic, bay leaves, oregano, paprika and saffron. Bring broth (or stock) to a boil in a saucepan, then pour it into the slow cooker. Cook on High for 4 hours.

**3.** Transfer the chicken to a clean cutting board. Nestle cabbage into the soup, cover and cook until it is tender, about 30 minutes. Discard the bay leaves. Remove the chicken from the bones and stir it back into the soup; season with pepper. Serve sprinkled with parsley.

**SERVES 8:** 2 CUPS EACH

Calories 469 **Fat** 15g (sat 4g), **Cholesterol** 99mg, **Carbs** 50g **Total sugars** 10g (added 0g), **Protein** 38g, **Fiber** 13g **Sodium** 729mg, **Potassium** 1,241mg

**Stovetop variation:** Soak the chickpeas (Step 1). Drain, place in a large pot and add ham, chorizo, potatoes, leek, carrots, celery, garlic, bay leaves, oregano, paprika and saffron. Add 8 cups broth (or stock) and bring to a boil. Reduce heat, cover and simmer until the chickpeas are tender, about 1 hour. Add chicken and cabbage and simmer until the chicken is cooked through and the cabbage is tender, about 20 minutes more. Remove the chicken from the bones and stir back into the soup. Season with pepper. Serve sprinkled with parsley.



## PORTUGUESE KALE & RED BEAN SOUP
### *Caldo Verde*

**ACTIVE:** 50 MIN **TOTAL:** 1 HR
**TO MAKE AHEAD:** Cover and refrigerate for up to 3 days.

*Caldo Verde is a Portuguese soup that, in its most basic form, is made with only kale, water, potatoes and linguica sausage. I like to include kidney beans, tomatoes and carrots to make it more substantial. If you can't find linguica, andouille is a delicious substitute.*

- 1 tablespoon extra-virgin olive oil
- 10 ounces linguica or andouille sausage, halved lengthwise and sliced ¼ inch thick
- 1 cup chopped onion
- 1 cup chopped carrot
- 2 tablespoons finely chopped garlic
- 6 cups low-sodium chicken broth or stock *(recipe, page 101)*
- 1 14-ounce can diced tomatoes
- 1 tablespoon chopped fresh marjoram or thyme
- 1 pound small white boiling potatoes, halved and sliced ¼ inch thick
- 1 pound kale or other dark leafy greens, stems removed, cut into ¼-inch strips
- 1 15-ounce can kidney beans, rinsed
- ½ cup chopped fresh parsley
- ¼ teaspoon salt
- Ground pepper to taste

**1.** Heat oil in a large pot over medium heat. Add sausage and cook, stirring often, until lightly browned, 4 to 5 minutes. Transfer the sausage to a plate. Add onion and carrot to the pot; cover and cook, stirring occasionally, until soft, 5 to 10 minutes. Stir in garlic and cook 1 minute more. Add broth (or stock), tomatoes with their juice and marjoram (or thyme). Cover and bring to a boil. Add potatoes, reduce heat and simmer, uncovered, for 10 minutes.

**2.** Stir in the reserved sausage, kale (or other greens), beans and parsley. Return to a simmer and cook, stirring often, until the potatoes are tender, 4 to 5 minutes more. Season with salt and pepper.

**SERVES 8:** ABOUT 1⅔ CUPS EACH
**Calories** 273, **Fat** 8g (sat 2g), **Cholesterol** 35mg, **Carbs** 34g, **Total sugars** 4g (added 0g), **Protein** 19g, **Fiber** 7g, **Sodium** 558mg, **Potassium** 1,012mg

lime
coriander
chiles ginger

## SINGAPORE-STYLE CHICKEN & NOODLE SOUP

*Laksa*

**ACTIVE:** 1¼ HRS **TOTAL:** 1¼ HRS

**TO MAKE AHEAD:** Cover and refrigerate the noodles, soup and toppings in separate containers for up to 2 days

*My first experience with laksa was when I was eating at a Singaporean restaurant in London. While laksa appears across Southeast Asia in infinite variations, it's commonly made with either coconut milk or sour tamarind paste. This recipe is inspired by a Malaysian version that adds homemade curry paste to a coconut-based broth.*

- 2 cups chopped onions
- 2 small red or green chiles (such as serrano or jalapeño), seeded and diced
- 1 2-inch piece fresh ginger, peeled and coarsely chopped
- 2 cloves garlic, crushed
- ¼ cup macadamia nuts
- 3 tablespoons fish sauce
- 2 teaspoons dark brown sugar
- 1 tablespoon ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon ground or crushed fennel seed
- 1 teaspoon ground pepper
- 2 tablespoons peanut oil
- 6 cups low-sodium chicken broth or stock *(recipe, page 101)*
- 1 pound boneless, skinless chicken breast, trimmed
- 1 14-ounce can "lite" coconut milk
- 2 tablespoons lime juice, or to taste
- 2 tablespoons reduced-sodium soy sauce
- 1 14-ounce package extra-firm tofu, drained, cut into ½-inch cubes
- 1 cup diced tomatoes or one 14-ounce can diced tomatoes, drained
- 1 7-ounce package mung bean sprouts (about 3 cups)
- 8 ounces bean thread noodles *(see Tip, page 101)*
- 3 hard-boiled eggs, thinly sliced
- 6 scallions, thinly sliced
- ½ cup coarsely chopped fresh cilantro
- Sriracha or other hot sauce for serving
- Lime wedges for serving

**1.** Put onions, chiles, ginger, garlic, nuts, fish sauce, brown sugar, coriander, cumin, curry powder, turmeric, fennel and pepper in a blender. Puree until the mixture forms a paste.

**2.** Heat oil in a large pot over medium heat. Using a spatula, scrape in the paste and cook, stirring, until it starts to color, 3 to 5 minutes. Add broth (or stock) and chicken and bring to a simmer. Simmer, turning the chicken once or twice, for 10 minutes. Stir in coconut milk, lime juice and soy sauce and simmer for 5 minutes more.

**3.** Remove the chicken and shred into bite-size pieces with two forks. Add tofu, tomatoes and bean sprouts to the soup and cook for 2 minutes. Stir in the shredded chicken.

**4.** Meanwhile, prepare noodles according to package directions.

**5.** To serve, divide the noodles among 8 soup bowls. Ladle soup over them and top with egg slices, scallions and cilantro. Serve with hot sauce and lime wedges if desired.

**SERVES 8:** 1⅓ CUPS SOUP & ¾ CUP NOODLES EACH

Calories 403, Fat 17g (sat 5g), Cholesterol 101mg, Carbs 43g, Total sugars 7g (added 1g), Protein 25g, Fiber 4g, Sodium 798mg, Potassium 607mg

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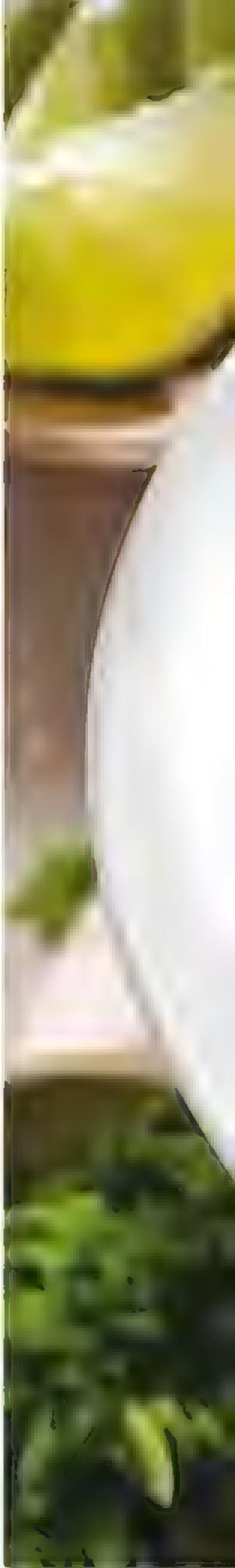

## SERBIAN CHICKEN & EGGPLANT SOUP

***Supa od Piletine i Patlidžana***

**ACTIVE:** 1¼ HRS **TOTAL:** 1¼ HRS

**TO MAKE AHEAD.** Cover and refrigerate for up to 3 days

*Several years ago I visited a Serbian restaurant near Chicago. There was a brass band dressed in traditional costume, lots of singing and plates piled high with breaded meats and roasted vegetables—I felt like a guest at a Serbian wedding. But what sticks with me most is a tangy chicken-eggplant soup seasoned with lemon. Here's my best attempt to recreate this fond memory*

- 6 cups peeled, diced (1-inch) eggplant (about 1½ pounds)
- ¼ cup extra-virgin olive oil plus 1 tablespoon, divided
- 1½ teaspoons salt, divided
- ¼ teaspoon ground pepper
- 1 cup chopped onion
- 2 tablespoons chopped garlic
- 1 medium red bell pepper, diced
- 2 tablespoons sweet Hungarian paprika
- 2 teaspoons hot Hungarian paprika *or* ½-1 teaspoon cayenne pepper
- ¼ cup chopped fresh parsley
- 1½ tablespoons chopped fresh oregano
- 1 teaspoon ground turmeric
- ½ teaspoon ground ginger
- 7 cups low-sodium chicken broth *or* stock (page 101)
- 1 pound boneless, skinless chicken breast *or* thighs, trimmed, cut into 1-inch pieces
- 1 cup half-and-half
- 2 large egg yolks
- 1½ tablespoons cornstarch
- ¼ cup fresh squeezed lemon juice
- Lemon wedges for serving

**1.** Preheat oven to 400°F.

**2.** Toss eggplant in a medium bowl with ¼ cup oil, ½ teaspoon salt and pepper. Spread in a single layer on a large rimmed baking sheet. Roast for 10 minutes. Turn the eggplant over and roast until very soft, 8 to 10 minutes more.

**3.** Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium heat. Add onion and garlic, cover and cook, stirring occasionally, until the onion is soft, 8 to 10 minutes. Stir in bell pepper and cook, uncovered, for 2 minutes more. Sprinkle sweet and hot paprika (or cayenne to taste) over the vegetables and stir until well coated. Stir in the eggplant, parsley, oregano, turmeric and ginger until well mixed. Add broth (or stock) and chicken. Bring to a boil over high heat. Reduce the heat and simmer for 10 minutes.

**4.** Whisk half-and-half, egg yolks and cornstarch in a medium bowl. Stir in 1 cup of the hot broth until combined. Gradually stir this mixture back into the pot, taking care that it does not boil, which will scramble the eggs. Whisk in lemon juice and season with the remaining 1 teaspoon salt. Serve with lemon wedges, if desired.

**SERVES 8:** 1½ CUPS EACH

**Calories** 273, **Fat** 16g (sat 5g), **Cholesterol** 89mg, **Carbs** 15g, **Total sugars** 5g (added 0g), **Protein** 19g, **Fiber** 3g, **Sodium** 546mg, **Potassium** 614mg

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## BAVARIAN LEEK & CABBAGE SOUP

***Lauch und Kohlsuppe***

**ACTIVE:** 50 MIN **TOTAL:** 1 HR 10 MIN

**TO MAKE AHEAD:** Cover and refrigerate for up to 3 days.

*German cuisine is full of hearty soups; this is like one I enjoyed in Munich while backpacking in college. Thought it's traditionally made with ham hocks, I like to make it with smoked bratwurst instead.*

- 3 tablespoons extra-virgin olive oil
- 2 medium leeks, white and light green parts, halved and thinly sliced *(see Tip, page 101)*
- 1 cup coarsely chopped carrot
- 1 cup diced celery
- 2 tablespoons chopped fresh thyme
- 6 cups low-sodium chicken broth or stock
- 1 12-ounce bottle lager
- 8 cups thinly sliced green cabbage
- 3 cups diced red potatoes
- 2 bay leaves
- 4 cups chopped greens, such as chard or kale
- 12 ounces smoked bratwurst or kielbasa, cut into ½-inch rounds
- ¾ teaspoon salt
- Ground pepper to taste
- ½ cup reduced-fat sour cream
- Chopped fresh parsley for garnish

Heat oil in a large pot over medium heat. Add leeks, carrot, celery and thyme. Cover and cook, stirring occasionally, for 10 minutes. Add broth (or stock), lager, cabbage, potatoes and bay leaves; cover and bring to a boil. Uncover, reduce heat and simmer for 10 minutes. Stir in greens and sausage and cook, stirring occasionally, until the potatoes are tender, 10 to 15 minutes more. Season with salt and pepper. Discard bay leaves. Ladle into bowls and top each with 1 tablespoon sour cream and parsley, if desired.

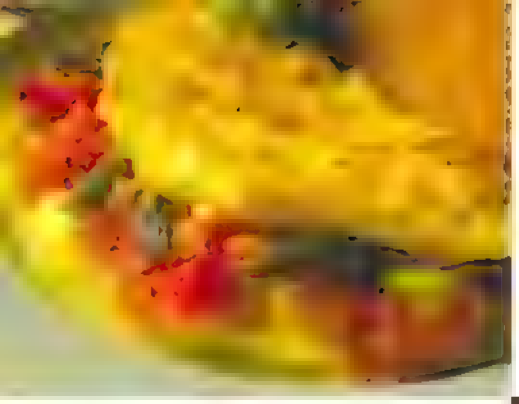
**SERVES 8:** 1¾ CUPS EACH

Calories 338, Fat 20g (sat 5g), Cholesterol 39mg, Carbs 26g, Total sugars 5g (added 0g), Protein 13g, Fiber 4g, Sodium 709mg, Potassium 974mg

**STOCK UP**

See our super-simple technique for making homemade chicken stock in your slow cooker.

**PAGE 101**



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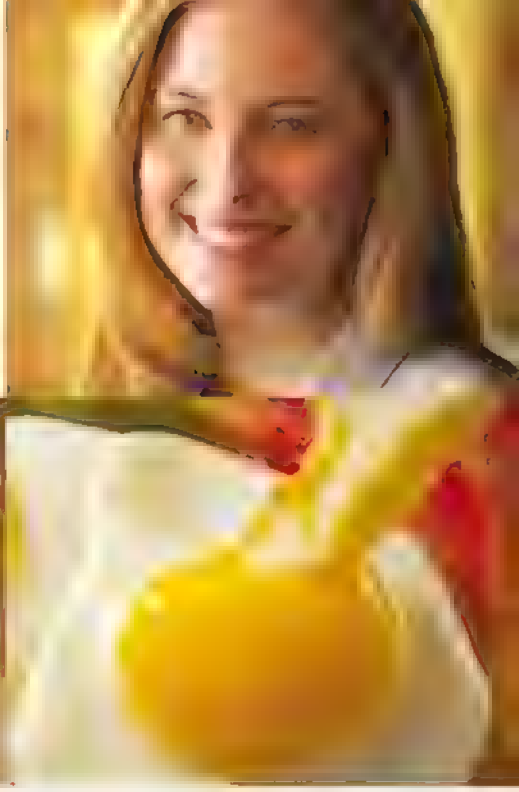

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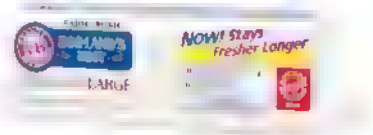


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# BAKE THESE SPROUTED BISCUITS

The new secret to the best whole-grain biscuits around—sprouted flour. Who knew?

BY PETER REINHART

W[illegible] up on [illegible]th. Bu[illegible] b[illegible]d. [illegible]od. The [illegible]alth[illegible] [illegible]nd germ[illegible] [illegible]ease bitt[illegible] [illegible]bread and baked goo[illegible] [illegible]like b[illegible]o[illegible] [illegible]grains [illegible]p[illegible] [illegible]th[illegible] [illegible]d the natural sweetne[illegible] [illegible]crificing the nutritional [illegible]pe[illegible]f[illegible]th[illegible]ds, sprouted flour tastes more [illegible]like white [illegible] but still has all the good-for-you [illegible]be[illegible]efits [illegible]into one of these flaky sprouted-[illegible]wh[illegible] biscuits [illegible]nd you'll be a believer too.

**PETER REINHART** *is a master baking instruc[illegible]tor. This recipe is adapted with permission from hi[illegible]* Bread Revolution *(Ten Speed Press, © 2014).*

## "Sprouted" Defined

Add a little warmth and moisture and whole grains begin to sprout (or germinate, for all you science nerds). Once sprouted, the wet grains are either ground into a dough or dried and milled into flour. The dough is made into sprouted-grain breads found in the bakery section or the freezer case of your grocery store. (Their high moisture content can increase their risk of spoiling.) Sprouted chips and crackers are usually made from sprouted-grain flour—as are these biscuits.

## Easier on Your Gut?

In the sprouting process, some of the grains' carbohydrates are broken down into a more easily digestible form, which means they have slightly less carbohydrate than unsprouted grains and may be easier on your gut. But are they better tolerated if you have a gluten sensitivity? Research shows sprouted grains do have less

**Look for sprouted-wheat flour** at natural-foods stores or online at *organicsproutedflour.net* or *kingarthurflour.com*. Flours from white wheat berries give lighter results while those from red wheat give the typical "wheaty" look.

gluten, however, "people experience gluten sensitivity differently, so it's impossible to say that sprouted grains are more easily tolerated," says Stefano Guandalini, M.D., founder and medical director of the University of Chicago's Celiac Disease Center. But not all sprouted grains contain gluten. Gluten-free grains like rice and amaranth can be sprouted too.

## Power to the Sprouts

Advocates say sprouted grains deliver more vitamins, minerals, fiber and protein than their unsprouted counterparts. And there's some supporting research. one study from the *Journal of the Science of Food and Agriculture* found more fiber and amino acids (the building blocks of protein) in sprouted wheat after a 48-hour germination period. Another study showed up to a fourfold increase in folate in sprouted rye. Still, the science is somewhat limited and we don't know if those extra nutrients stick around after sprouted grains are processed into flour.

*–Sara Haas, R.D.N., L.D.N.*

## SPROUTED-WHEAT BISCUITS

**ACTIVE:** 30 MIN. **TOTAL:** 1 HR. 20 MIN.

**TO MAKE AHEAD.** Prepare through Step 5, cover and refrigerate for up to 2 days. **EQUIPMENT.** 2-inch round cutter, offset spatula

- 2 cups plus 2 tablespoons sprouted whole-wheat flour, plus ¼-½ cup for dusting
- 1 tablespoon sugar
- 1 tablespoon plus ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 10 tablespoons cold unsalted butter, cut into pieces
- 1¼ cups buttermilk
- 1 teaspoon canola oil

**1.** Pulse flour, sugar, baking powder, baking soda and salt in a food processor until combined. Add butter and pulse until evenly combined and in pea-size bits. Add buttermilk and pulse in very short bursts until evenly incorporated. The dough will be soft and a little shaggy looking.

**2.** Generously dust a work surface with flour. Use a rubber spatula to transfer the dough to the work surface. Sprinkle with more flour. With floured hands, gently pat the dough into a rectangle about ¾ inch thick, with a long edge facing you. Gently roll out the dough to ½ inch thick, using short strokes from the center outward and very little pressure, dusting the dough and surface with more flour as needed. Run an offset spatula under the dough, then gently fold it in thirds, like a letter.

**3.** Dust the work surface with more flour and rotate the dough 90 degrees. Dust the dough and roll out again into a ½-inch-thick rectangle, then fold it in thirds again. Repeat the process two more times (for four folds total), dusting the work surface and the dough with flour each time before rolling out.

**4.** Line a large baking sheet with parchment paper. Place the folded dough on it and refrigerate for 15 minutes.

**5.** Brush a clean work surface with oil, place the dough on it and gently roll out to ½ inch thick. Cut out biscuits with a floured 2-inch round cutter. Press the scraps back together and reroll, to make about 24 biscuits total. Place the biscuits ½ inch apart on the prepared baking sheet. Refrigerate for 15 minutes. (Or cover and refrigerate for up to 2 days.)

**6.** Position a rack in the upper third of oven; preheat to 500°F.

**7.** Place the pan of biscuits on the upper rack; immediately reduce the oven temperature to 450°. Bake until inch golden brown, 12 to 14 minutes. Transfer to a wire rack to cool for 5 minutes. Serve warm.

**MAKES:** 2 DOZEN (1 BISCUIT EACH)

**Calories** 92, **Fat** 5g (sat 3g), **Cholesterol** 13mg, **Carbs** 10g, **Total sugars** 1g (added sugars 1g), **Protein** 2g, **Fiber** 1g, **Sodium** 129mg, **Potassium** (0)mg



HAIR + MAKEUP: STEVE SCHAEFER. FOOD STYLING: KATE WEINER. FOOD STYLING: ABBY KERSHE. PROPS: INSET: BRUCE GARRISON

# THE ACCIDENTAL AVOCADO FARMER

Take alt-rocker **Jason Mraz**, drop him on an avocado ranch and what happens? He gets healthy, happy...and makes guacamole, of course!

**BY JIM ROMANOFF**

Photography by Fred Greaves • Food photography by Leigh Beisch

San Diego, the trees create a lush, rainforest-like canopy. The fruits have just been harvested and are on their way to, among other customers, nearby Chipotle restaurants. Slightly blemished ones are donated to soup kitchens and food banks.

Mraz, shown here checking out his Reed avocados, tries to lighten his environmental footprint, starting at his own ranch. He's working toward getting his avocados certified organic. In 2011 he established the Jason Mraz Foundation to support environmental preservation and civil rights.

Mraz, 37, a self-professed organic gardening "geek," tries to eat from his own zip code. He and his girlfriend, a vegetarian chef and baker, cook from the garden, belong to a local CSA and buy from neighboring farms. They make almond milk, munch sprouts they grow in trays on the countertop and try to eat "mostly" vegan. Mraz points to the nearby coop housing the chickens they keep to help fertilize the gardens. Without a hint of vegan remorse, he admits they still eat eggs occasionally, "especially from these gals."

After his initial success, Mraz bought the ranch in 2004. With no plans to be a farmer, he thought it would be "a place to be isolated when you have a crazy life." The densely packed plot of land is filled mostly with avocados, but is also home to Meyer lemons, pomegranates, guavas and mangoes. There are shady pockets where Mraz retreats to write music, as well as an Oriental-rug-filled recording studio. The outdoor kitchen and dining area, shaded by a pergola entwined with passion fruit and grapevines, is the hangout spot during breaks from recording.

Mraz's lifestyle hasn't always been so crunchy-happy-healthy. Playing San Diego coffeehouses at the start of his career, fast-food burgers, soda and cigarettes were a regular part of his diet. Then, around the time he moved to the ranch, Mraz performed on a concert bill with the Rolling Stones. He saw that the once notoriously hard-partying rockers really took care of themselves. Removing his cap and running a hand through his shock of seriously hat-headed hair, Mraz turns introspective. "I'd been surfing a lot, and I felt kind of ridiculous smoking a cigarette after. I said, 'I'm gonna just cut these out.' And so then the energy picks up. I start running, I start doing more exercise."

Then, in 2008, as his mega hit "I'm Yours" was topping the charts, one of his band members was diagnosed with type 2 diabetes.

> The first time I was served a big chunk of avocado on my salad, I didn't know what to do with it. Now I'm among them all the time, experimenting with them, making meals and adding spices and whatnot. You know, your palate evolves.

**ACTIVE:** 20 MIN **TOTAL:** 20 MIN
**TO MAKE AHEAD:** Press a piece of plastic wrap directly on the surface to prevent browning and refrigerate for up to 6 hours.

- 4 ripe avocados
- ½ cup chopped fresh cilantro
- ⅓ cup finely chopped red onion
- ¼ cup lime *or* lemon juice
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon fine sea salt
- Ground pepper to taste
- Hot sauce, finely diced fresh jalapeños, cayenne pepper *and/or* chipotle powder *to taste*

Mash avocados in a medium bowl. Add cilantro, onion, lime (or lemon) juice, oil, salt and pepper and stir to combine. Season with hot sauce, jalapeños, cayenne and/or chipotle, if desired.

**MAKES:** 3 CUPS (¼-CUP SERVING). **Calories** 121, **Fat** 11g (sat 2g), **Cholesterol** 0mg, **Carbs** 7g, **Total sugars** 1g (added 0g), **Protein** 1g, **Fiber** 5g, **Sodium** 52mg, **Potassium** 341mg

**FAST FOOD TO FARM FOOD**
When Jason Mraz moved to his avocado ranch he started experimenting with veggie stir-fries because they were less intimidating than preparing meat or fish. After going mostly vegan (with the occasional egg from his chickens), Mraz fully embraced cooking from his own backyard, loading up on veggies and fruits from his garden (*far left*), sweet potatoes grown in bags on his deck (*center*) and, no surprise, plenty of avocados.

A doctor suggested the bandmate try an all-vegetarian diet. In solidarity, Mraz took the leap and went vegetarian as well.

"We decided to bring a chef out on tour with us for 30 days and go vegetarian and raw to see what would happen. And I mean, a dramatic transformation. Not just in weight loss, but in overall health and energy. And then no trace of diabetes."

From that point on, Mraz started traveling with a Vitamix blender to make avocado-and-kale-laced green smoothies. (He's bought a Vitamix for his parents, too, trying to get them on the health kick.) He always makes sure his band and crew are well fed and even treats them to an occasional batch of "Chocomole," a vegan chocolate pudding made with avocados for a silky texture.

These days, between recording and tours, his friend Scott Murray, an organic farming consultant, is helping Mraz work toward organic certification for his avocados. And the vegetable garden is always improving. He recently hung lights above the rows of plants. "It's a real problem," Mraz says with a cat-like smile, "because I'm out here sometimes until midnight just geeking out and loving it."

And there may be more geek-time for Mraz in the not-so-distant future. He's talked about taking a break after he finishes his current recording contract, to raise a family and spend more time with his parents. At the ranch, this hipster turned back-to-the-land hippie may just start a new life in his forties where he really is more farmer than famous.

**JIM ROMANOFF** *is the* EatingWell *food editor. The last musician he interviewed was Jerry Garcia, in 1987.*

**ACTIVE:** 10 MIN **TOTAL:** 10 MIN

**TO MAKE AHEAD:** Press a piece of plastic wrap directly on the surface to prevent browning and refrigerate for up to 5 days

- 1 large bunch fresh basil
- 2 ripe avocados
- ½ cup walnuts or hemp seeds
- 2 tablespoons lemon juice
- 3 cloves garlic
- ½ teaspoon fine sea salt
- ½ cup extra-virgin olive oil
- Ground pepper to taste

Strip basil leaves from the stems and add to a food processor along with avocados, walnuts (or hemp seeds), lemon juice, garlic and salt; pulse until finely chopped. Add oil and process to form a thick paste. Season with pepper.

**MAKES:** 2 CUPS (2-TBSP SERVING)

**Calories** 126, **Fat** 13g (sat 2g), **Cholesterol** 0mg, **Carbs** 3g, **Total sugars** 0g (added 0g), **Protein** 1g, **Fiber** 2g, **Sodium** 37mg, **Potassium** 151mg

*continued on page 94*

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# EAT YOUR AVOCADOS

They're delicious, satisfying and keep your body healthy too!

**Stay slim and trim**
When it comes to a trim waistline, avocados can help. People who regularly eat avocado (about a half of one daily) are more likely to have smaller waists and weigh less, say researchers who analyzed over 17,000 American diets. Another study found that eating half an avocado for lunch helped people feel full for up to 5 hours after the meal.

**Improve your heart health**
Craving a burger but worried about heart health? Try topping it with avocado. Researchers found that people who ate half an avocado with their hamburger had less inflammation in their blood vessels compared to people who just ate the burger. Avocados also naturally contain cholesterol blockers that help fend off "bad" LDL cholesterol from being absorbed in your gut.

**Protect your skin**
Avocados are rich in two carotenoids—lutein and zeaxanthin—which help block the sun's harmful UV rays, protecting your eyes and skin.

**Boost your nutrition**
Unsaturated fats help unlock powerful nutrients in leafy green salads. In an Ohio State University study, people who ate salad with avocado greatly increased their carotenoid absorption compared to one without avocado. Similar benefits apply to salsa paired with avocado (ahem: guacamole!). So grab some chips and get dipping!

—*Michele Bun k*

**HOLY CHOCOMOLE!** Watch Jason Mraz whip up this treat at eatingwell.com/webextra

## JASON MRAZ'S AVOCADO GREEN SMOOTHIE

**ACTIVE:** 15 MIN. **TOTAL:** 15 MIN

- 1¼ cups cold unsweetened almond milk *or* coconut milk beverage
- 1 ripe avocado
- 1 ripe banana
- 1 sweet apple, such as Honeycrisp, sliced
- ½ large *or* 1 small stalk celery, chopped
- 2 cups lightly packed kale leaves *or* spinach
- 1 1-inch piece peeled fresh ginger
- 8 ice cubes

Blend milk beverage, avocado, banana, apple, celery, kale (or spinach), ginger and ice in a blender until very smooth.

**SERVES 2:** 2 CUPS EACH
**Calories** 332, **Fat** 18g (sat 2g), **Cholesterol** 0mg, **Carbs** 45g, **Total sugars** 18g (added 0g) **Protein** 7g, **Fiber** 13g, **Sodium** 164mg, **Potassium** 1,345mg

## "CHOCOMOLE" PUDDING

**ACTIVE:** 15 MIN. **TOTAL:** 3¼ HRS
**TO MAKE AHEAD:** Cover and refrigerate for up to 2 days. Stir before serving.

*Creamy avocados make this dairy-free and vegan dessert super-rich.*

- 16 Medjool dates, pitted and coarsely chopped
- 3 ripe avocados
- 1 cup unsweetened almond milk *or* coconut milk beverage
- 1 cup unsweetened cocoa powder
- ¼ cup pure maple syrup *or* agave nectar
- 1 tablespoon coconut oil
- 1 teaspoon vanilla extract
- Pinch of sea salt, plus more for garnish

**1.** Soak dates in 1 cup hot water until soft, 5 to 10 minutes. Drain.
**2.** Process the dates, avocados, milk beverage, cocoa, maple syrup (or agave), oil, vanilla and a pinch of salt in a food processor until very smooth and creamy. Refrigerate until cold, about 3 hours. Serve garnished with a little extra sea salt, if desired.

**SERVES 6:** ½ CUP EACH
**Calories** 434, **Fat** 20g (sat 5g), **Cholesterol** 0mg, **Carbs** 74g, **Total sugars** 52g (added 9g), **Protein** 6g, **Fiber** 16g, **Sodium** 54mg, **Potassium** 1,212mg

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# TEST KITCHEN

## The MEATBALL METHOD

ADD sautéed mushrooms, onions, zucchini and garlic to the ground meat mix to keep calories low and portions hearty.

SEASON with bold flavors, like a touch of hot sauce and blue cheese.

USE any lean ground meat you like! Try turkey in the Italian-style classic (below) or lamb in the feta-and-oregano-flavored Greek meatballs (left).

1 MASTER RECIPE
5 TASTY VARIATIONS

1 MASTER RECIPE
5 TASTY VARIATIONS

## MEATBALL MASTER RECIPE

**ACTIVE:** 25 MIN **TOTAL:** 50 MIN

**TO MAKE AHEAD:** Freeze baked, cooled meatballs in a single layer on a baking sheet, then transfer to an airtight container. Freeze for up to 3 months. Reheat from frozen in a 350°F oven for about 25 minutes.

- 8 ounces mushrooms, chopped
- 1 small onion, chopped
- 1 stalk celery, sliced
- 4 cloves garlic
- 1 tablespoon extra-virgin olive oil
- ½ cup fine dry breadcrumbs
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- FLAVORING *(see recipes)*
- 1 pound lean ground MEAT

**1.** Finely chop mushrooms, onion, celery and garlic in a food processor. Heat oil in a large skillet over medium-high heat. Add the vegetable mixture and cook, stirring occasionally, until the liquid has evaporated, 6 to 8 minutes. Transfer to a large bowl and let cool for 10 minutes.

**2.** Preheat oven to 450°F. Line a large rimmed baking sheet with foil and coat with cooking spray.

**3.** Add breadcrumbs, salt, pepper and FLAVORING to the cooled vegetables; stir until combined. Add MEAT and mix gently to combine (do not overmix). Form into 30 meatballs (a scant 2 tablespoons each) and place on the prepared baking sheet.

**4.** Bake the meatballs until an instant-read thermometer inserted in the center registers 165°F, about 15 minutes.

**SERVES 6:** 5 MEATBALLS EACH

*For nutrition analysis, turn to the recipe index on page 102.*

### GREEK LAMB

MEAT: Lean ground lamb *(see Tip, page 101)*

FLAVORING

- ¼ cup toasted pine nuts
- ¼ cup crumbled feta cheese
- 1 Tbsp. dried mint
- 1 Tbsp. dried oregano
- Zest of 1 lemon

### PORK-FENNEL

MEAT: Lean ground pork *(see Tip, page 101)*

FLAVORING

- ¼ cup finely diced fennel
- ¼ cup slivered soft sun-dried tomatoes
- 1 tsp. dried marjoram
- 1 tsp. dried thyme
- ½ tsp. crumbled dried rosemary

### ASIAN BEEF

MEAT: Lean ground beef

FLAVORING

- 1 8-oz. can water chestnuts, drained and finely chopped
- ¼ cup finely chopped scallions
- 2 Tbsp. Shao Hsing rice wine or dry sherry
- 1 Tbsp. finely chopped fresh ginger

### ITALIAN TURKEY

MEAT: Lean ground turkey

FLAVORING

- ½ cup finely chopped Italian parsley
- ¼ cup grated Parmesan cheese
- 2 tsp. Italian seasoning

### BUFFALO CHICKEN

MEAT: Lean ground chicken

FLAVORING

- ½ cup very finely chopped carrot
- ¼ cup crumbled blue cheese
- 2 Tbsp. Frank's RedHot sauce
- 1 Tbsp. distilled white vinegar

# IMPORTANT PATIENT INFORMATION

**AMITIZA® [ah-mah-TEE-zah]**
**(lubiprostone)**
**soft gelatin capsules**

lubiprostone

**Rx Only**

Please read this consumer brief summary carefully before you start taking AMITIZA. Read it again each time you refill your prescription, in case there is any new information. This information does not take the place of talking to your healthcare professional about your medical condition or treatment. Ask your healthcare professional if you do not understand any of this information or if you want to learn more about AMITIZA.

## What is AMITIZA?

AMITIZA is a prescription medicine formulated as a soft gelatin capsule and available in two dosages used to treat the following conditions:

- Chronic Idiopathic Constipation (orange capsules, 24 mcg, twice daily) in adults. Idiopathic means the cause of the constipation is unknown and not due to underlying illness or medication.
- Constipation caused by opioids, a type of prescription pain medicine, in adults with chronic, non-cancer pain (orange capsules, 24 mcg, twice daily). The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone).
- Irritable Bowel Syndrome with Constipation in adult women (pink capsules, 8 mcg, twice daily).

It is not known if AMITIZA is safe and effective in children under 18 years of age.

## Who should not take AMITIZA?

Do not take AMITIZA if:

- You know or suspect you have a bowel blockage. If you are unsure, your healthcare professional should check your condition before starting AMITIZA.
- You have severe diarrhea.
- You are pregnant or become pregnant, unless you have discussed this with your healthcare professional. Based on animal studies, AMITIZA may cause fetal harm. AMITIZA should only be used in pregnancy if the potential benefit justifies the potential risks to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus. Tell your healthcare professional if you are breast-feeding, and monitor infants for diarrhea.
- You are allergic to AMITIZA or any of its ingredients. See the end of this brief summary of important patient information for a complete list of ingredients.

## What should I tell my healthcare professional before and while taking AMITIZA?

**Before you take AMITIZA, tell your healthcare professional if you:**

- are pregnant or plan to become pregnant. AMITIZA has not been studied in pregnant women and should only be used during pregnancy if the potential benefits justify the potential risk to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus.
- are breastfeeding or planning to breastfeed. If breastfeeding while taking AMITIZA, you should monitor the breastfed infant for diarrhea.
- have liver problems.
- cannot swallow a capsule.

**Tell your healthcare professional about all the medicines you take or plan to take**, including prescription and nonprescription medicines, vitamins and herbal supplements. AMITIZA may affect how other medicines work, and other medicines may affect how AMITIZA works. Especially tell your doctor if you are taking a diphenylheptane opioid (e.g., methadone).

## How should I take AMITIZA?

AMITIZA is to be taken twice a day or as prescribed by your healthcare professional with food and water. Swallow the gelatin capsule whole. Capsules should not be broken apart or chewed.

If you miss a dose of AMITIZA, just skip that dose. Do not take two capsules to make up for the missed dose. Instead, just wait until the next time you are supposed to take it, and then take your normal dose.

## What are the possible side effects of AMITIZA?

The most common side effects reported by patients taking AMITIZA 24 mcg twice daily included:

***Chronic Idiopathic Constipation***

- nausea
- diarrhea
- headache
- abdominal pain
- abdominal distention (bloating)
- gas

***Opioid-Induced Constipation***

- nausea
- diarrhea

The most common side effects reported by patients taking AMITIZA 8 mcg twice daily included:

***Irritable Bowel Syndrome with Constipation***

- nausea
- diarrhea
- abdominal pain

Patients taking AMITIZA may experience nausea; taking AMITIZA with food and water may reduce symptoms of nausea. If nausea becomes severe, consult your healthcare professional. If you experience severe diarrhea, stop taking AMITIZA and tell your healthcare professional. Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur; these symptoms usually go away within three hours, but may recur with repeated use. Tell your healthcare professional if you experience any of these symptoms.

These are not all the possible side effects of AMITIZA. Tell your doctor if you have any side effects that bother you or that do not go away. For more information, ask your healthcare professional or pharmacist. Call your healthcare professional for medical advice about side effects. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088.

## How should I store AMITIZA?

Store AMITIZA at room temperature between 59° to 86°F (15° to 30°C) and protect from light and extreme temperatures. AMITIZA should be stored in a tightly closed, child-proof container and kept out of the reach of children. Do not use AMITIZA past the expiration date shown on the package.

## General information about AMITIZA

Do not use AMITIZA for a disease or condition for which it was not prescribed. Do not give AMITIZA to others, even if they have the same symptoms you have. It may harm them.

If you would like more information, talk with your healthcare professional. You can ask your pharmacist or healthcare professional for information that is written for healthcare professionals. For more information about AMITIZA, you can visit the AMITIZA website at www.amitiza.com or call toll-free at 1-877-825-3327.

## What are the ingredients in AMITIZA?

Active ingredient: lubiprostone, 24 mcg or 8 mcg

Inactive ingredients: medium-chain triglycerides, gelatin, sorbitol and purified water. The 24 mcg (orange) capsules also contain the dyes FD&C Red #40 and D&C Yellow #10. The 8 mcg (pink) capsules also contain the dyes ferric oxide and titanium dioxide.

Marketed by
**Sucampo Pharma Americas, LLC.**, Bethesda, MD 20814
and
**Takeda Pharmaceuticals America, Inc.**, Deerfield, IL 60015

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## Stumped in the Kitchen?

Send your cooking questions to Test Kitchen Manager Stacy Fraser at askus@eatingwell.com

### Q. What staples should I keep in the freezer instead of the pantry?

*—D. Blair, Atlanta, GA*

A. I recommend storing whole-grain flours, nuts and nut flours in the freezer. Here's why: the good-for-you oils in whole grains and nuts aren't very stable at room temperature. When exposed to warmer temperatures, the oils can quickly become rancid—resulting in an unpleasant bitter taste and off-putting aroma. Fresh whole grains and nuts should taste and smell almost sweet, never acrid. A good rule of thumb is to store them in your pantry only if you'll use them up within 1 month. For longer storage—up to a year—seal them airtight and pop them in the freezer. If you're short on freezer space, they'll stay fresh in the refrigerator for about 6 months. For whole grains other than flours—brown rice, quinoa, barley, oats, etc.—consider cold storage if you keep them for more than 6 months.

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## TIPS & NOTES

Look for **bean thread noodles** (*page 80*) sometimes labeled vermicelli, mung bean or cellophane noodles, in the Asian section of large supermarkets or at an Asian market. Prepare according to package directions and rinse well to prevent sticking.

Clean **leeks** well to be sure they're grit-free (*pages 78, 84*): After slicing, place in a bowl of water and swish around to release any sand or soil trapped between the layers. Scoop the leeks out of the bowl with a slotted spoon, leaving any dirt behind. Drain well. Repeat as needed

Try this easy make-ahead breakfast when you need to save time in the morning: **Overnight Oatmeal** (*page 52*). Combine ½ cup **old-fashioned rolled oats** with ½ cup **water** and a pinch of **salt** in a jar or bowl. Cover and refrigerate overnight. Eat cold or heat up; add toppings, as desired Makes about ⅔ cup

For a fancy touch, top pasta with curls of **shaved Parmesan** (*page 48*) or other hard cheese: Peel strips of cheese from the block with a sharp vegetable peeler.

**DIY lean ground pork or lamb** (*page 98*): It's not easy to find lean ground pork and lamb, but it *is* easy to grind your own. Choose a lean cut, such as tenderloin, loin or leg, trim excess fat and cut into ¾-inch pieces. Pulse in small batches in a food processor until uniformly ground, being careful not to overprocess. Or ask your butcher to grind a lean cut for you. It saves about 160 calories per 3-ounce serving.

**Slow-Cooker Chicken Stock** (*pages 76, 84*): Cut 1 medium **carrot**, 1 **celery stalk** and 1 small **onion** into 1-inch pieces. Combine with 4 pounds skinless **chicken leg quarters**, 6 sprigs **fresh parsley**, 2 sprigs **fresh thyme**, 1 **bay leaf**, 1 crushed **garlic clove** and 20 **whole peppercorns** in a 6-quart slow cooker. Add 9 cups **water**. Cook on High for 4 hours. Strain and let cool to room temperature before refrigerating airtight for up to 1 week or freezing for up to 3 months. **Makes: about 10 cups.** *After straining, this stock has negligible calories, nutrients and sodium.*

**To thinly slice raw steak** (*page 64*) before cooking, put it in the freezer for about 20 minutes first—the chilling makes it easier to cut into thin strips.

For the most up-to-date information about choosing **sustainable seafood** (*pages 64, 71, 72*), go to seafoodwatch.org.

**HOT SAUCE LOVE** We went beyond everyday favorites like Frank's RedHot and Tabasco and lit our tongues on fire with over 2 dozen varieties to pick these 6 sauces worth seeking out *(left to right)*:

**Cackalacky Spice Sauce:** Sweet, mildly hot and fragrant.
**Spur Tree Crushed Scotch Bonnet Sauce:** Ultra-hot and pleasantly salty.
**Tropical Pepper Co. Xtra Hot Habanero:** Tangy-hot with a hint of pineapple.
**Cholula Original:** Vinegar-forward, classic chile pepper-flavored.
**Grace Caribbean Curry Sauce:** Super-hot, tamed by aromatic curry powder.
**Melinda's XXXtra Hot:** Pleasantly hot (don't let the XXX fool ya) with a hint of lime.

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# RECIPE & NUTRITION INDEX

| | | 45 MIN OR LESS | BUDGET | CALORIES | FAT (g) | SAT FAT (g) | FIBER (g) | SODIUM (mg) | HEART HEALTHY | MEDITERRANEAN | VEGETARIAN | DIABETIC | GLUTEN-FREE | DAILY VALUE (15%+) PROTEIN | IRON | CALCIUM | VITAMIN A | VITAMIN B12 | VITAMIN C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 52 | Chocolate Banana Oatmeal | ■ | ■ | 295 | 9.6 | 50 | 6 | 231 | ■ | ■ | ■ | | | | | | | | |
| 52 | Coconut Chia Spice Oatmeal | ■ | ■ | 249 | 9.6 | 39 | 5 | 183 | ■ | | ■ | ■ | | | | | | | |
| 52 | Fig & Ricotta Oatmeal | ■ | ■ | 315 | 8/2 | 53 | 7 | 194 | ■ | ■ | ■ | | | | | | | | |
| 94 | Jason Mraz's Avocado Green Smoothie | ■ | ■ | 332 | 18/2 | 45 | 13 | 164 | ■ | ■ | ■ | ■ | ■ | 26 | 31 | | 146 | | 168 |
| 52 | Savory Curry Cashew Oatmeal | ■ | ■ | 332 | 11/2 | 55 | 6 | 159 | ■ | ■ | ■ | ■ | | | | 19 | | | |
| 92 | Avocado Pesto | ■ | | 126 | 13.2 | 3 | 2 | 37 | | | ■ | ■ | ■ | | | | | | |
| 40 | Beer Battered Onion Rings with Roasted Pepper Aïo... | ■ | ■ | 223 | 9.1 | 32 | 2 | 417 | ■ | ■ | ■ | | | | | | | | |
| 38 | Caramelized Onion & Goat Cheese Rolls | ■ | ■ | 145 | 6.2 | 9 | 2 | 185 | ■ | ■ | ■ | | | | | | | | |
| 40 | Curried Onion Dip | ■ | | 47 | 4/2 | 2 | 0 | 115 | | | ■ | | ■ | | | | | | |
| 74 | Green Salad with Tropical Fruit | ■ | ■ | 158 | 9/2 | 21 | 3 | 192 | ■ | ■ | ■ | ■ | ■ | | | | 30 | | 88 |
| 91 | Jason Mraz's Guacamole | ■ | | 121 | 1 2 | 7 | 5 | 52 | | | ■ | ■ | ■ | | | | | | 15 |
| 38 | Mini Onion Gratins | ■ | ■ | 216 | 14.4 | 5 | 3 | 333 | ■ | | ■ | | | | | | | | |
| 87 | Sprouted Wheat Biscuits | | ■ | 92 | 5 3 | 10 | 1 | 129 | ■ | | ■ | | | | | | | | |
| 71 | T. Punch | ■ | | 177 | 0.0 | 7 | 0 | 4 | | | ■ | ■ | ■ | | | | | | |
| 32 | Backyard Tofu with Succotash | ■ | ■ | 398 | 18.3 | 48 | 9 | 638 | ■ | ■ | ■ | ■ | ■ | 25 | 22 | 27 | 55 | | 108 |
| 48 | Gnocchi with Mushrooms & Pumpkin Cream Sauce | ■ | ■ | 420 | 17 5 | 57 | 3 | 644 | | | ■ | | | 15 | | | 199 | | |
| 28 | Mac & Cheese with Collards | ■ | ■ | 470 | 18 9 | 57 | 7 | 577 | | | ■ | | | 46 | 19 | | 5 | | 7 |
| 50 | Tomato & Artichoke Gnocchi | ■ | ■ | 473 | [illegible] | 70 | 9 | 606 | | ■ | ■ | ■ | | | 32 | | 25 | | 79 |
| 71 | Fish with Coconut Sharon Sauce | ■ | | 270 | 15 7 | 7 | 1 | 35 | ■ | | | | ■ | | | | | | |
| 64 | Salmon with Roasted Vegetables & Quinoa | | | 499 | 22 3 | 47 | 9 | 516 | | ■ | | | | | 37 | 19 | 199 | 80 | 107 |
| 72 | Sautéed Snapper & Shrimp with Grape Sauce | | | 310 | 11 2 | 11 | 2 | 362 | ■ | ■ | | | | | | | 23 | 50 | 5 |
| 64 | Shrimp, Ham & Pepper Couscous | ■ | | 501 | 23 5 | 39 | 9 | 738 | | ■ | | | | 25 | | 23 | 76 | | 14 |
| 84 | Bavarian Leek & Cabbage Soup | | ■ | 338 | 20 5 | 26 | 4 | 709 | ■ | | | | | | 20 | 15 | 132 | | 26 |
| 48 | Chicken & Gnocchi Dumplings | ■ | ■ | 542 | 16 3 | 69 | 5 | 730 | | ■ | | | | | 17 | 15 | 23 | | 23 |
| 79 | Portuguese Kale & Red Bean Soup | | ■ | 273 | 8 2 | 34 | 7 | 558 | ■ | ■ | | | ■ | 15 | 17 | 18 | 175 | | 42 |
| 82 | Sorta Cotechino & Escarole Soup | | ■ | 273 | 16 5 | 15 | 3 | 546 | ■ | | | | ■ | | | | 4 | | 49 |
| 80 | Singapore Style Chicken & Noodle Soup | | | 403 | 17 5 | 40 | 4 | 798 | ■ | ■ | | | | 18 | 15 | 7 | | | 23 |
| 78 | Slow Cooker Spanish Chickpea Soup | | ■ | 469 | 15 4 | 50 | 13 | 729 | ■ | ■ | | | ■ | | | 33 | 72 | | 58 |
| 98 | Asian Beef Meatballs | | ■ | 209 | 9.3 | 13 | 2 | 314 | ■ | ■ | | | | | | 15 | | 29 | |
| 26 | BBQ Pulled Chicken Sandwich with Coleslaw | ■ | ■ | 327 | 8 2 | 32 | 3 | 798 | ■ | ■ | | | | | 17 | | 98 | | 47 |
| 28 | Bourbon Glazed Pork Chops with Hoppin' John | ■ | | 409 | 16 4 | 25 | 4 | 714 | ■ | ■ | | | ■ | | | 15 | | | 64 |
| 75 | Broiled Ginger Lime Chicken | | ■ | 218 | 13 3 | 3 | 1 | 453 | ■ | ■ | | | ■ | | | | | | |
| 98 | Buffalo Chicken Meatballs | | ■ | 207 | 11 3 | 1 | 1 | 523 | ■ | ■ | | | | | | | 37 | | |
| 98 | Greek Lamb Meatballs | | ■ | 219 | 12 3 | 12 | 2 | 373 | ■ | ■ | | | | | | | | 20 | |
| 98 | Italian Turkey Meatballs | | ■ | 190 | 9.2 | 10 | 1 | 375 | ■ | ■ | | | | | | | | | 15 |
| 64 | Orange & Pistachio Crusted Pork Tenderloin | | | 498 | 15 3 | 62 | 11 | 550 | ■ | ■ | | | | | 22 | 24 | 24 | | 38 |
| 30 | Pimiento Cheese Patty Melt | ■ | ■ | 334 | 16 7 | 16 | 3 | 514 | ■ | ■ | | | | 16 | | 21 | | 45 | |
| 64 | Roasted Pepper & Cheese Stuffed Chicken | ■ | | 50 | 21 7 | 38 | 10 | 649 | ■ | ■ | | | | | 17 | | 64 | | 40 |
| 64 | Soy Marinated Flank Steak with Soba Noodles | | | 495 | 16 4 | 55 | 5 | 486 | | ■ | | | ■ | | 18 | 23 | 35 | | 125 |
| 46 | Spinach & Sausage Cobbler | ■ | ■ | 418 | 15.4 | 52 | 3 | 792 | ■ | ■ | | | | 18 | 44 | 17 | 162 | | 47 |
| 64 | Turkey Taco Lettuce Wraps | ■ | | 492 | 24 6 | 42 | 9 | 590 | | | | | ■ | | 33 | 31 | 97 | | 55 |
| 98 | Tuscan Pork Meatballs | | ■ | 177 | 7.2 | 12 | 2 | 340 | ■ | ■ | | | | | | | | | |
| 72 | Bananas Foster | ■ | | 175 | 5.3 | 29 | 2 | 5 | ■ | | ■ | | ■ | | | | | | |
| 94 | "Chocolate" Pudding | | | 434 | 20.5 | 74 | 16 | 54 | | | ■ | ■ | ■ | | 24 | 18 | | | 17 |
| 75 | Coconut Rum Banana Bread | | ■ | 384 | 21 5 | 44 | 4 | 240 | | | ■ | | | | | 21 | | | |

# KEY TO RECIPE & NUTRITION INDEX

## HOW WE TEST RECIPES

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

## HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on *eatingwell.com*; some nutrients are highlighted here.
- Garnishes and optional ingredients are not included in analyses.

## KEY TO COLUMN LABELS

**45 MIN OR LESS:** A recipe's start-to-finish time is 45 minutes or less.

**BUDGET:** Entrees that cost less than $3 per serving; sides and desserts that cost less than $1.50 per serving. (*See "How We Price Recipes," below.*)

**LOW-CAL:** Entrees have ≤350 calories per serving; combination meals (protein plus starch **or** vegetable) have ≤420 calories; complete meals (protein plus starch **and** vegetable) have ≤500 calories. Side dishes, muffins, breads and desserts have ≤250 calories per serving; dips and salsas have ≤100 calories per serving.

**HEART-HEALTHY:** Recipes have limited saturated fat. Entrees have ≤3 grams saturated fat per serving (seafood entrees have ≤5 grams); combination meals have ≤5 grams (seafood ≤7 grams); complete meals (including seafood meals) have ≤7 grams. Side dishes, muffins, breads and desserts have ≤2 grams saturated fat per serving; dips and salsas have ≤1 gram.

**VEGETARIAN:** Meatless or includes meatless options.

**VEGAN:** No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

**GLUTEN-FREE:** Does not include wheat, rye, barley or oats. Check the labels of your ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

**% DAILY VALUE:** When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

For more on our nutritional-analysis process, visit *eatingwell.com/go/guidelines*.

## HOW WE PRICE RECIPES

- Costs for ingredients come from online grocers *safeway.com* and *peapod.com*
- Costs include every ingredient, even staples.
- Costs include only the amount used.
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of winter 2015.

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# All-Weather Cows

## A new diet for the cows on this sixth-generation farm in Pennsylvania yields better health for the cows and the land

By Lindsay Westley // Photo by Willis Bretz

**Who They Are** When Loren *(left)* and Darren Elder *(right)* took over their grandfather's 150-acre farm in Pennsylvania 13 years ago, the cows they inherited spent only a few months of the year outdoors grazing on grass. From October to April, they were in the barn munching on hay and corn, a model the two brothers soon realized wasn't financially sustainable. Yet they also knew the cows wouldn't get the nutrients they needed if they left them in the field after the grass died. "We had to figure out a way to change the way we fed, or give up the farm," says Loren, 34. "This farm has been in our family since the Civil War, but we're not missionaries. We had to find a way to make this work because there's no plan B."

**What They Did** Today, nearly 100 cows graze year-round on what is now a 500-acre farm, due to a new, more diverse menu plan. After the grass dies in the late fall, the cows move on to their next course: cornstalks left over from the harvest and the edible fronds of cool-weather crops like turnips and radishes. In addition to being more nutritious than grass, these crops allow the Elders to extend the grazing season by two or three months before they have to supplement with hay. They got the idea from New Zealand farmers, who often plant brassica cover crops to maximize grazing in the tiny country—but for the U.S., these brothers are ahead of the curve.

**Why It's Cool** A longer grazing season means that even farmers in colder climates can more feasibly raise certified grass-fed beef (forage counts too). For the Elders, it means healthier cows and up to $150 savings for each day they don't have to feed hay. It's also good land stewardship. When the cows graze on the radish and turnip tops and cornstalks, they tread manure into the earth with their hooves, fertilizing the fields that will grow next year's crops. "That makes the manure an asset, not a liability," Darren, 32, says. And their Grandfather Carl's take? "He didn't really go for any of this grass-fed jibber-jabber," Loren jokes. "But sometimes you've just got to go for it."

★ ★ ★
Loren and Darren Elder's beef is available in high-end Pittsburgh restaurants and in farmers' markets in the Western Pennsylvania region.
Learn more at
burnsangus.com
★ ★ ★

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